



Week 1

next level
gratitude

The Opening Questions

What is the nicest thank you note you have ever received? When is the last time you have written a thank you note to someone? What was the reason for that note?

Watch the Video Clip

Key Teaching Points

A thankful heart is a good, healthy heart.

Next level gratitude...

- is for who's more than what's.
- knows the Source of all good.
- is outwardly expressed.
- is continual rather than occasional.
- is focused on others rather than self.

Next Step: WRITE A NOTE

- Name a who
- to God
- to someone
- Set a frequency goal

Give your life to the Source of all good.

Philippians 1:1-11 (NIV)

Paul and Timothy, servants of Christ Jesus,

To all the saints in Christ Jesus who are at Philippi, with the overseers and deacons:

Grace to you and peace from God our Father and the Lord Jesus Christ.

I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now. And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. It is right for me to feel this way about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel. For God is my witness, how I yearn for you all with the affection of Christ Jesus. And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

Discussion Questions

What was your biggest takeaway from today's teaching?

Of the 5 characteristics of next level gratitude, which one jumped out to you as one you most need to strive harder for?

Name someone in your life that is a very thankful person. How do you know they are so thankful?

Why is it good for YOU to be more thankful? Why do you think it makes our hearts good and healthy?

Which of four notes are you going to write today? Why does that one resonate so much with you?

God is the source of all that is good. How does giving your life to God make you more thankful?

If the group can pray for you about one thing this coming week, what would it be?

Pray

God truly is the source of all that is good. As you close your group meeting in prayer, take time to tell Him "THANK YOU!" Give Him thanks for all that He is and all He has done and all that He will do in your lives. Ask Him to help everyone in the group truly take a next step towards next level gratitude next week. Be specific in your prayer, naming next steps and situations that were mentioned in the group. And finally, ask God to give everyone in the group a more thankful heart.