

# DIGGING DEEPER



## Rooted In Gratitude

Oct 5, 2025

In this powerful exploration of gratitude, we're reminded that true contentment isn't found in wealth or possessions, but in a heart rooted in Christ. Drawing from Colossians 2:7, we learn that when our faith is deeply grounded in Jesus, we naturally overflow with thankfulness. This gratitude isn't just a feeling, but a choice and a lifestyle that protects our hearts and transforms our perspective. As we face the challenges of our world, from global conflicts to personal struggles, we're encouraged to let the peace of Christ rule in our hearts. By choosing gratitude, we can interrupt negative thought patterns and find blessings even in difficult circumstances. This message challenges us to live differently in a culture that constantly pushes for more, reminding us that our deepest satisfaction comes from recognizing God's faithful love that endures forever.

01.

How can we develop deeper roots in Christ, and what does that look like in our daily lives?

03.

How might our prayer life change if we consistently approached God with a thankful heart?

05.

How does the repetition in Psalm 136 emphasize the importance of gratitude, and how can we apply this principle to our own spiritual practices?

07.

How can we balance being honest with God about our struggles while maintaining an attitude of thankfulness in prayer?

09.

How might regularly practicing gratitude transform our perspective on life's problems and our relationship with God?

02.

In what ways does gratitude protect our hearts, and how can we cultivate it as a shield against negativity?

04.

What are some practical strategies for finding things to be thankful for in difficult circumstances?

06.

In what ways does our culture's emphasis on 'getting more' conflict with biblical teachings on contentment and gratitude?

08.

What role does trust in God play in our ability to be grateful, especially during challenging times?

10.

In what ways can we, as believers, model a counter-cultural lifestyle of gratitude in our communities and workplaces?

### Remember...

"We don't have to give thanks for everything. We have to give thanks IN everything. Some things are just evil and they cause suffering. We don't need to thank God for the evil, but we can find things in those circumstances to be thankful and to be grateful for."