

This is the last week we will intentionally set aside time to practice the spiritual discipline of gratitude in groups. Adele Calhoun tells us that, "Gratitude is a loving and thankful response toward God for his presence with us and within this world. Though "blessings" can move us into gratitude, it is not at the root of a thankful heart. Delight in God and his good will is the heartbeat of thankfulness." As we've spent the last 12 weeks practicing this discipline hopefully you've been able to: thank the Lord for his presence in your life, increase your awareness of the abundance of gifts, benefits, mercies and grace that have been poured into your life and see what you have as quickly as what you don't have. Today consider the COVID virus and how it has personally impacted your life. Silently consider these questions and tell the truth to God: How do you feel how this has impacted your life? Where have you seen evidence of God's presence in this? Is there anything you can be thankful for? If you cannot find God in this, spend some time with Jesus as he was in the Garden of Gethsemane. What does he want to tell you?

**I Am the Door, Read John 10:1-10**

David reminded us that doors are opportunities. Jesus is knocking on the door of your heart right now, while simultaneously being the door. If we enter into Jesus he promises V9 that we will be saved and that we will find pasture. What do you feel him inviting you to right now?

V4 Is there an intimacy you have with Jesus that you know his voice? How does God speak to you? What is the last thing he said to you? What kind of rhythms (prayer, journaling, silence, solitude, walking, being in nature...etc.) do you have set up in your life to seek the voice of God?

He goes before you - putting your trust in the Lord and knowing he is leading you makes all the difference, no matter the season you're in. David said we have to trust that even though we are in a season where everything is changing and we can't rely on what we thought life would look like, it doesn't mean that the Kingdom of God has stopped or been stifled. We can be the non-anxious presence in this season for ourselves, our families and our communities. Share a time when you trusted and had faith in God, when you were unsure of what was next in your life.

V10 *The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.* Uncertainty and frustration have stolen from us in this season, so how do we enter into abundant life? David suggested devotions, memorizing bible verses and getting into community, but we have to be intentional. The door is open, the invitation is available to you - you have access to the resurrected life of Jesus. He has invited us into his very Presence and abundant life. In this season, what do you feel Satan has stolen from you and at the same time how have you experienced God's presence giving you abundant life?