

Sunday, April 7, 2024  
Real Life Foursquare  
Pastor Lee

## **new series: LIVING THE BETTER LIFE**

### **START:** (10 min)

1. How was your week?
2. Conversation Starter (*optional*): What is the best prank you have ever experienced or planned?

### **GOSPEL:**

1. Read John 10:10. What does “an abundant” life look like to you?
2. Who and what are you thankful for?
3. Read this quote, “Where thankfulness is an emotion, gratitude is an attitude of appreciation under any circumstance.” Can you explain in your own words the difference between thankfulness and gratitude?
4. Share a time in your life where you practiced gratitude even if you didn’t feel thankful.
5. Studies show that our brains have a negative bias. How can our negative bias/feelings sometimes deceive us from the truth?
6. “Thankfulness is the quickest path to joy.” What does this look like worked out in your life?
7. Together as a group, collect a list of Scriptures that you know that have to do with thankfulness.
8. How will you show thankfulness this week?
9. How does thankfulness connect to “living the better life”?

**PRAYER:** Take some time to pray for one another.