



## Thankfulness

Read the following verses aloud.

### Psalm 100

#### Kicking It Off:

Did you celebrate Thanksgiving while growing up? If so, how did you celebrate the holiday? What unique thing did you eat or do on Thanksgiving?

#### Weekend Review:

We all have a lot to be thankful for. We can respond to our experiences with complaining or thankfulness. Either way God is working in and through us to accomplish His will. But He calls us to have an attitude of gratitude, and He's given us the ultimate reason to be thankful - He's given us freedom and LIFE in Jesus Christ.

#### Discussion:

1. When we complain, our tendency is to blame someone or something else rather than provide an answer or ask, "What can I do differently?" Adam and Eve were the first to pass the blame. Why do you think we do that?
2. Do you look for reasons to complain about something? Share about a time when you complained when you could have been grateful for something.
3. When was the last time you thanked God for someone or something? Who/What was it?
4. Read James 1:17. Where do the good things in life come from?
5. Who do you think is thankful to have you in their life?
6. In Psalm 100:1 & 3, what six reasons does the psalmist give to praise God? Do these apply to "all the earth" or just to "his people"?

7. Which reason most motivates you to praise God?
8. What attitude mentioned in Psalm 100 characterizes God's people?
9. Do you express joy, a) All the time, b) at least once per week, c) about once per month, d) rarely?
10. When was the last time you expressed joy? Were you reserved and private, or excited to share?
11. Have you ever been affected by someone else's attitude of gratitude? How did it make you feel?
12. How might our own attitude of gratitude affect others around us?
13. 1st Thessalonians 5:18 tells us to "be thankful in all circumstances, for this is the will of God in Christ Jesus in you." What situations have you faced that have been difficult to be thankful in?
14. What promises in Lamentations 3:22-24 can help you in difficult situations?

#### Wrap It Up:

Followers of Jesus have the best reason to be thankful, because God has given His Son Jesus as our ransom (Mark 10:45). Jesus paid our penalty that we all owe for our sins that we commit against the Holy God. Romans 8:28 says that, "God will work all things together for good, for those who are called according to His purpose." No matter what you face, as a believer in Jesus, you can stand in the promise that God is doing what is ultimately best for you.

#### Reminders / Tips:

- Write a "Thank You" Note to 3 people this week. Be specific in why you appreciate them for who they are or for what they did.