



Gratitude | How To Have Gratitude At All Times

1 Thessalonians 5:16-18 NIV

OPEN IN PRAYER

ICEBREAKER QUESTION

Instead of things you want to do someday (bucket list), name one thing from your past you're grateful you already got to experience.

SCRIPTURE READING

16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18 NIV

DISCUSSION QUESTIONS

1. Which season are you in—mountaintop, valley, or ordinary?
One sentence why.
2. What does gratitude usually look like for you in that season?
3. What gets in the way of gratitude there?
4. In which of these areas does gratitude break down for you first?
 - My thinking (I forget God's goodness)
 - My feelings (I don't sense God near)

- My focus (I'm distracted or overwhelmed)
5. Gratitude doesn't always start as a feeling — sometimes it starts as a decision. Can you think of a time when choosing gratitude shifted your heart after you practiced it?
 6. Paul ties rejoicing, prayer, and thanksgiving together. Which of those three is easiest for you right now? Which is hardest?
 7. Where does your connection to God drop during your day— morning, mid-day, evening? Why do you think that is?
 8. What's something you could add to your day to re-awaken awareness to His presence?
 9. How can all of this shift our ability for gratitude?

CLOSE IN PRAYER

As a group, take time to pray for one another.