



QUESTION 1

Read: Rom 6:17; Eph 1:15, 16; Phil 1:3–5; Col 1:3, 4; 1 Thess. 1:2, 3. The dominant theme of those passages is thankfulness, but for each passage discuss the reason ‘why’ Paul was so thankful.

QUESTION 2

Who are some of the people in your life that seem to be the most thankful? Do you enjoy being around them? What are some of the reasons why you think they are thankful and how does it impact others?

QUESTION 3

Read 2 Cor. 11:16–33. How do you think Paul could remain so thankful despite a long list of personal struggles? What can we learn from his example and how can we begin to live in the same way?

QUESTION 4

If we can all agree that thankfulness is important and lacking in most of our lives, take some time to discuss some practical ways we can incorporate a daily practice of thankfulness.

PAUL'S THANKFULNESS

What we see in the New Testament as a whole is that the object of thanksgiving is the love of God expressed in the redemptive-work of Christ. The apostle Paul thanked God for that gift of grace (1 Cor 1:4; 2 Cor 9:15) and the ability to preach the gospel (2 Cor 2:14; 1 Tm 1:12). Paul thankfully participated in the spiritual gifts (1 Cor 14:18). He shows Gratitude for love and faith among believers that pervades romans, Ephesians, Phillipians, Colossians, and 1 and 2 Thessalonians (Rom 6:17; Eph 1:15, 16; Phil 1:3–5; Col 1:3, 4; 1 Thes 1:2, 3).

SIDE NOTE

Research shows that when we think about what we appreciate, the parasympathetic or calming part of the nervous system is triggered and that can have protective benefits on the body, including decreasing cortisol levels and perhaps increasing oxytocin, the bonding hormone involved in relationships that make us feel so good.

Prayer Requests
