



Blessed are the Spiraling
Week four - "Unending Gratitude"
Hebrews 12:22-24, 28-29
Bottom line: Let us be thankful.

1. When it comes to spiraling, what has helped you in the past to escape the vortex and return to a place of stability?
2. Have you had a time when you felt like you were about to spiral, and something happened to keep you from spiraling, either accidentally or on purpose? Have you identified some of your patterns that lead to overwhelm or instability?
3. What are some of the ways you practice gratitude?
4. If you were going to make a "gratitude visit", who would you visit and why? What would you tell them?
5. Read Hebrews 12:22-29
 - a. What have we received from God? What do you feel like you've received from God?
 - b. How does your worship reflect your gratitude?
6. Jenn shared Ian Simkins Thanksgiving To-Do List, which is the following:
Count blessings
Let go of what I can't control
Practice generosity
Show gratitude
Be present
Which parts of this list would you like to adopt this week? Which will be harder to adopt?
7. Pray for each other.