



# GUIDED BIBLE STUDY

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## Thankful in Every Season

Speaker: Rob Riedel

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### Highlighted Scripture

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- **1 Thessalonians 5:18 (ESV)**

*"give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*

Paul places thanksgiving alongside ongoing prayer and joy in the church's life. Gratitude belongs in every season. As Rob emphasizes, we can thank God amid hardship while honestly acknowledging what hurts.

- **Psalms 107:1 (ESV)**

*"Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!"*

This psalm calls people rescued from trouble to remember the Lord's faithful love. His goodness gives gratitude a lasting foundation when possessions, health, or plans change.

- **Matthew 26:36-46**

In Gethsemane, Jesus expresses deep sorrow and asks his Father for the cup to pass, while submitting to the Father's will. His prayer before the cross shows that honest anguish and faithful trust can exist together.

- **Philippians 4:6 (ESV)**

*"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."*

Paul invites believers to bring every concern to God with thanksgiving. We can name our needs and remember God's goodness in the same prayer. This is an invitation to depend on him, not a guarantee that every problem immediately disappears.

### Discussion Questions

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- Rob noticed God's gifts while sitting outside his new camper. What ordinary moment recently helped you recognize a blessing you might otherwise overlook?
- Rob describes both the stress of caring for his mother and gratitude for time with her. Where do gratitude and difficulty coexist in your life?
- What changes when your thankfulness rests on who God is, rather than whether your plans are working out?

- How does Jesus' prayer in Gethsemane help you speak honestly to God when obedience is painful or the outcome is uncertain?
- What might change in the way you face a current worry if you bring God a specific request and a sincere expression of thanks together?

## **Reflection Challenge**

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For the next seven days, pause once each day to name one burden and one reason for gratitude. Bring both to God in prayer. Let this be an honest conversation with him, even on days when your feelings are unsettled.

### **Ask yourself:**

- Have I been waiting for a problem to end before thanking God?
- Which gift or person have I begun to take for granted?
- What do I need to tell God honestly today?

### **Try this:**

- Write one sentence about today's burden and one about a gift you can genuinely thank God for.
- Read one highlighted passage slowly, then turn its truth into a personal prayer.
- Thank one person who has supported you, and offer a practical kindness to someone facing a hard season.

## **Remember**

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- God's goodness is the foundation of gratitude.
- Thankfulness can be an act of faith when feelings are unsettled.
- Gratitude leaves room for sorrow and honest prayer.
- Bring God both your requests and your thanks.
- Notice his gifts in ordinary moments, in easy seasons and hard ones.

## **Prayer**

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Heavenly Father,

Thank you for your goodness and steadfast love. Open my eyes to gifts I overlook, and help me appreciate the people who care for me. I bring you the burdens I cannot resolve and the feelings I struggle to express. Teach me to trust you as I ask for help. Give me patience in responsibilities that are tiring, and a thankful heart that remains honest about pain. Help me encourage someone else with the kindness I have received.

In Jesus' name, Amen.