



GUIDED BIBLE STUDY

Living with a Thankful Heart

Speaker: Shane Condon

Highlighted Scriptures

Philippians 4:4–13 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well-fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Discussion Questions

- 1. How does gratitude impact the way you view your daily life?**
- 2. Why do you think Paul could rejoice even in times of lack or hardship?**
- 3. What are some practical ways you can shift your focus from what you lack to the blessings you already have?**
- 4. How does contentment in Christ differ from simply “being satisfied” in life?**



Devotional Homework

- Write down five things you're grateful for Reflect on how practicing gratitude affects your mood, thoughts, and prayers.**
- Look for opportunities to express thanks to someone in your life.**
- Consider recording a short devotional video or sharing with a friend about what you've learned through focusing on gratitude.**



Prayer Prompt

Lord, thank You for the countless blessings You've given me — both big and small. Help me to live with a thankful heart, to find joy in what I have, and to be content in every season. Keep my eyes focused on You and not on what I think I'm missing. Let my life be marked by gratitude. Amen.

