

21

DAYS OF GRATITUDE



Gratitude Calms Anxiety

**Giving thanks can
quiet our hearts.**

SERIES SUMMARY

The month of November acts as an annually built-in gratitude check-up. Over the next three weeks, we'll explore how gratitude calms anxiety, deepens relationships, and strengthens faith.

SPECIAL NOTE: On November 23, we will be joined by special guests who serve the Lord in Brazil. All groups will be invited to meet with them during the entire 9:00 group time. We look forward to hearing about our gratitude has strengthened their faith in the missional work they are doing.

May we grow in gratitude as we approach Thanksgiving 2025.

ICEBREAKER

Which would cause you more stress — a phone with 1% battery or a car running on empty?

SCRIPTURE

Read about combatting anxiety in:
Philippians 4:4-8.



LEARNING FROM HIS STORY

1. How are rejoicing and thanksgiving different? And how are they related?
2. Why do you think it's important to color your prayers with thanksgiving, especially when you're feeling anxious?
3. What connections do you see between what we think about (in verse 8) and rejoicing/thanksgiving?

EXAMINING OUR OWN STORY

4. What kinds of thoughts tend to lead you toward anxiety?
5. When was a time you experienced the peace of God that passes understanding?
6. Do you find that it's possible to "give thanks in all circumstances" (1 Thessalonians 5:18)? How so?

WRITING A NEW STORY

7. What's a tip or strategy that has helped you practice gratitude in stressful times?
8. Discuss helpful vs unhelpful ways to help a friend find peace through gratitude.
9. Are there new habits of giving thanks you're interested in starting?

TAKING TIME TO PRAY

Go around the circle and give everyone the chance to voice one thing they're grateful for this week.

