

# 21

## DAYS OF GRATITUDE



*Gratitude  
Deepens  
Relationships*

**Giving thanks is  
key to healthy  
community.**

### 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

Were there manners that your parents required that you didn't require of your own kids?

### SCRIPTURE

Read about the link between gratitude and fellowship in Colossians 3:12-17.



## LEARNING FROM HIS STORY

This passage about Christian community ends with three repeated calls to give thanks!

1. What's the connection between gratitude to God & relational health with our neighbors?
2. How does gratitude help avoid or even mend disunity or discord?
3. Why do you think singing can help with gratitude (verse 16)?

## EXAMINING OUR OWN STORY

4. Can you describe environments where you've experienced a lot of gratitude being expressed?
5. Or where there's been an absence of gratitude?
6. How would you rate your current environments (home, work, etc)?

## WRITING A NEW STORY

7. What could it look like to use gratitude as a strategy for improving a relationship in your life that could use some help?
8. Per verse 17, how can we practically pursue the call to "do everything" with thanksgiving to God?
9. **REFLECTION:** Who have I been taking for granted? And how can I begin to change that this week?

## TAKING TIME TO PRAY

Go around the circle and give everyone the chance to name a person or group they're grateful for this week.

