



WHAT ARE YOU THANKFUL FOR?

CULTIVATING A HEART OF GRATITUDE

Goodness

Text: Psalm 23:6

1. Opening & Icebreaker

- When was the last time you felt truly content — like life was “as it should be”?
- What are some small ways you’ve experienced God’s goodness recently?

(Keep it light and honest — the goal is to open hearts, not impress anyone.)

2. Read Together

Psalm 23 (entire chapter)

Then focus again on verse 6.

Ask:

- How does this verse summarize the whole psalm?
- What stands out most to you — goodness, mercy, or dwelling with God forever?

3. Discussion: Two Time Periods

All the days of my life...

...and I will dwell in the house of the Lord forever.

- What does trusting God’s “goodness and mercy” look like now?
- How does that trust point us toward eternity?
- Why is it important to remember that this world isn’t final — especially when life feels broken or incomplete?

4. Word Study — What’s Really Following You?

Goodness (טוֹב / Tov)

- Means wholeness, flourishing, “exactly as God intended.”
- When David says “tov will follow me,” he’s saying God’s best — His favor and fullness — is pursuing him.

Discuss:

- What does it mean for you to be pursued by God’s goodness?
- Can you name a time when you saw His goodness even in difficulty?

Mercy (חֶסֶד / Heseḏ)

- Fierce, faithful, covenant love — “God’s relentless love that chases us down.”

Discuss:

- How have you personally experienced God’s ḥeseḏ?
- What’s the difference between believing God is nice and believing He is faithfully loving?

5. Gratitude as Spiritual Warfare

Read: 1 Thessalonians 5:18

Gratitude isn't a mood — it's a weapon.

- Neuroscience confirms that gratitude rewires your brain for joy and resilience.
- Scripture commands it because it's vital for spiritual health.

Discuss:

- What's one "thank you" you need to start saying more often — to God or to others?
- How could daily gratitude shift your focus from what's missing to what's been given?
- Where do you sense discontentment creeping in?

6. The Danger of Discontentment

Read: 2 Samuel 11:1-4a

- David had everything — yet he still wanted more.
- Discontentment opened the door to destruction.

Discuss:

- Why is it so easy to want more even when we have enough?
- How does gratitude guard your heart from sin?
- What's one area where you need to replace envy with enjoyment?

7. God's Provision & Perspective

Read: Matthew 6:31-33

- What if you simply enjoyed what God's already given you?
- Where might you need to rest instead of reach?
- How does trusting God's provision help you fight anxiety and temptation?

8. Joy as a Stronghold

Read: Nehemiah 8:9-10

"The joy of the Lord is your strength."

Discuss:

- What does it mean that joy is your "stronghold" or "bunker"?
- How can joy and gratitude work together to build spiritual resilience?

Closing Reflection & Prayer

Prompt:

- "Surely goodness and mercy shall follow me..."
- Take a moment to name one way God's goodness and mercy have followed you this week.

Prayer:

Thank God for His relentless goodness, His covenant mercy, and the eternal home He's preparing.

Ask Him to grow in you a spirit of gratitude that crushes discontentment and fuels joy.