



# LIFEgroup STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

**NOTE to the LIFEgroup Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

### OPEN IN PRAYER

### STARTER QUESTIONS:

**Where have you seen God at work in your life since we last met?**

**What stood out to you from the message this week?**

### MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

**How did this verse speak to you in your life?**

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

**Is there an area that you feel God is speaking to you through this message?**

### FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

**Would anyone like to share your thoughts about what we discussed today?**

**How can we pray for you as a group?**

### CLOSE IN PRAYER

## Habits of Highly Grateful People

### Benefits of Gratefulness:

1. Lowers stress
2. Increases optimism
3. Improves relationships
4. Reduces anxiety
5. Helps gain prospective
6. Builds Hope
7. Multiples Peace
8. Dispels uncertainty
9. Makes us feel happier
10. Connects us with God

### Habits of Highly Grateful People:

1. They have learned to be grateful for less-than-perfect gifts

If I wait for perfect gifts, I will never be grateful at all.

Gratitude helps us appreciate what we do have, rather than complaining about what we don't.

Bonus Points: This imperfect world we live in points me to my need for God.

*"Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's."*

Psalm 103:1-4 (NIV)

2. They have learned gratitude in times of difficulty

Bonus Points: It's easier to act your way into a feeling, than feeling your way into an action.

*"Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing. Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."*

Psalms 100:1-4 (KJV)

3. They have learned to be intentional about saying “Thanks”!

As you count your blessings, the more specific you get, the more grateful you feel

Bonus Points: The password for coming into God's presence is "Thank you!"

*“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.”* Psalms 100:4 (KJV)

*“The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.”*

*“In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.”*

**1 Corinthians 11:25-26 (NIV)**