

# **SERMON DISCUSSION GUIDE**

“What to do When Life is Full” – Pastor Chad Gilligan 12.17.23

**1) What words come to mind when you think of the holiday season?**

Read 1 Thessalonians 5:16-18 – “Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.”

**2) Which of these three commands sticks out to you the most based on the season you're in?**

Read Philippians 4:4 – “Rejoice in the Lord always. I will say it again: Rejoice!”

**3) Where else in scripture do we see teachings about joy?**

**4) Why do you think joy and happiness get confused with each other?**

Read Philippians 4:6 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

**5) How do we build up the habit of “praying continually?”**

Read 1 Thessalonians 5:18 – “give thanks in all circumstances; for this is God's will for you in Christ Jesus.”

**6) How can we biblically evaluate the level of gratitude we have in our lives?**

**7) Read through Ephesians 2:4-10. What does that passage, and 1 Thessalonians 5 teach us about thankfulness and gratitude?**

**Prayer:** Take a moment to pray for everyone as we head into the Christmas season.