



Discussion Guide — 11/09/2025

Series: Flow

Message: Flow In

Scripture: James 1:17; Psalm 145:16 (NRSVUE)

Opening Prayer

Gracious Giver, You open Your hand and satisfy the desire of every living thing. Teach us to receive Your gifts with gratitude and to live from Your abundance, not our scarcity. In Jesus' name—amen.

Introduction & Context

This week launches our Flow series with the first movement: Flow In. Before we plan, promise, or “do,” Scripture anchors us in this truth: God gives first. Every good gift comes from the Father of lights; God’s open hand is our starting point (James 1:17; Psalm 145:16). In Wesleyan language, this is prevenient grace—God’s love initiating and sustaining our lives. Gratitude is how receiving turns into worship rather than entitlement.

Read the Word

- **James 1:17**
- **Psalm 145:16**

Optional cross-reads for depth this week: 1 John 4:19; Genesis 22:14.





Discussion

1) Warm Up

1. Share one specific gift you noticed from God in the past 24 hours (be concrete—"the apple's snap," "a timely text," "sun on the porch").
2. When in your life did you feel "in the groove"—present, energized, at peace? What contributed to that?

2) Head — Understanding the Text

3. What do James 1:17 and Psalm 145:16 reveal about God's character? How might "no variation or shadow" (James) steady us when life fluctuates?
4. In your words, define prevenient grace. Where have you seen God "go first" before you acted or believed?
5. Why is gratitude a spiritual discipline and not just good manners? How does it resist scarcity thinking?

3) Heart — Naming What's Real

6. Where are you most tempted to live as if "it's all on me"? What fear sits under that?
7. Share a time when gratitude strengthened (not minimized) you in a hard season. What shifted inside you?

4) Hands — Practicing the Way

8. "Received grace becomes reflected grace." What is one gift you've received this week that you can intentionally pass on (encouragement, patience, a meal)?
9. Try an "open-hands" breath prayer now: inhale, "You open Your hand"; exhale, "I receive." What did you notice in your body and attention?
10. What small boundary or habit would help you notice gifts in ordinary time (phone-down dinners, morning Scripture, brief porch pause)?

5) Group Practice (2–3 min)

11. As a group, name three things you're thankful for—then speak a one-sentence prayer of thanks together.
12. If someone is comfortable, share one place of scarcity or worry; the group responds only with short thank-you prayers naming God's provision.



Key Takeaway

God is the Giver. We live in a gifted world—and gratitude is the groove that keeps us in His flow.

Next Step — P.A.R. (Pray • Act • Reflect)

- **Pray:** Each morning, pray James 1:17 and Psalm 145:16 with open hands, asking God to help you receive today's gifts.
 - **Act:** Start Gratitude-3 all week: list three specific thanks daily and share one with someone else each day.
 - **Reflect:** Next Sunday, note how gratitude affected your attention, anxiety, and availability to others. Where did grace "flow in" most clearly?
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Closing Prayer

Father of lights, every generous act and every perfect gift comes from You. Train our eyes to see Your goodness, our hearts to trust Your constancy, and our lives to overflow with thanks. Let what flows in become a blessing through us. Through Christ our Lord—amen.

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