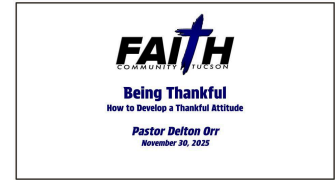




Faith Community Church  
Being Thankful

Faith Group Questions  
& Discussion Guide



**Opening Prayer:** Begin by thanking God for who He is and for the opportunity to grow and practice thankfulness all year long.

**Icebreaker:** Share one "Ebenezer" (stone of help) from this past year—a specific moment when you clearly saw God's faithfulness in your life.

**Key Takeaways:**

1. Thanksgiving should be personal, perpetual, and purposeful - not just seasonal.
2. Look back to remember God's faithfulness, not to boast or stay stuck.
3. Look forward with confidence, knowing God will sustain you through everything.
4. Look up to Jesus as your ultimate goal and prize.
5. Gratitude is a spiritual discipline that requires intentional effort—like "pressing" weights at the gym.
6. A thankful heart prevents spiritual backsliding and changes your entire perspective

**Discussion Questions:** (See the list of verses on the [sermon notes](#)).

1. How did your efforts go toward being content? Any stories?
2. Reasons for thanksgiving include: It's the right thing to do; It's commanded; It's our response to salvation; It changes our perspective; God expects and deserves it. Which one resonated most with you and why?
3. The Pastor said Thanksgiving doesn't come naturally. Do you agree? What makes gratitude difficult in our culture today? (Hebrews 3:15-19)
4. How does thankfulness act as "preventative care" for our spiritual lives?
5. Like Lot's wife, sometimes looking back can be harmful. What's the difference between faith-building remembering and unhealthy remembering that holds us back?

6. In Philippians 3:4-7, Paul lists his impressive credentials, then calls them "loss" and "rubbish" compared to knowing Christ. What "credentials" or accomplishments do you sometimes value too highly? How can you shift your perspective?
7. Read Isaiah 43:18-19. What are things you need to forget? How do you see God working something new?
8. Identify the intense language Paul and Peter use in verses below. What does "pressing on" look like practically in your daily life right now? (Philippians 2:12, 3:12-14, 2 Peter 1:5-8, 1 Corinthians 9:24-27)
9. Thankful people are attractive to be around—gratitude is "infectious." Who in your life models this kind of consistent thankfulness? How can you become that person for others? (1 Cor 11:1, Matt 5:14-16)

**Practical Applications:** Choose ONE to practice daily

Option 1: Morning Gratitude. Before checking your phone or starting your day, list three specific things you're thankful for (different each day). Say them out loud to God.

Option 2: Ebenezer Journal. Start a "Stones of Help" journal. Write down specific ways God has shown His faithfulness. Review it when facing difficulties.

Option 3: Gratitude Shift. When facing a difficult situation this week, intentionally find something to thank God for IN that situation (even if it's just His presence with you).

Option 4: Thankfulness Outreach. Text or call three people this week to thank them and tell them one way they've blessed your life. Point them to God's work through them.

Option 5: Self-Talk Audit. Pay attention to your internal dialogue. When you catch negative self-talk, stop and replace it with something that "imparts grace" to yourself and worships God.

**Closing Prayer:** Pray for the group to develop hearts of genuine, consistent thanksgiving that glorify God and draw others to Him.