

# MINDSETS: UNDERSTANDING GRATITUDE

## DISCUSSION GUIDE

### SUMMARY:

Thanksgiving is a time when we give thanks for the bountiful provision of the ultimate provider. It's a season when we especially acknowledge how good God is. Additionally, Thanksgiving can be a great time to realign our priorities and our perspectives. In the Psalm that we examine this week, the writer, Asaph, seems to be doubting God's goodness to him. He's struggling with understanding what he should truly be grateful for. Yet, as we work our way through this 73rd Psalm, we begin to discover (along with Asaph) what true blessing really is and why we ought to be eternally grateful to God.

**Key Passages:** Psalm 73

*Be sure to read this Scripture passage together before you proceed to the "Grow" section of our study.*

### QUESTIONS FOR REFLECTION AND DISCUSSION

**KNOW: Spend some time finding out how everyone's week has gone.**

*The questions in this section provide a guide for connectivity; feel free to approach this part of your group time organically over a meal or "connection" activity or with questions appropriate to your context.*

*What is something that you are thankful for this week?*

*What is something that is causing you stress or concern this week?*

*Who in your life is in need of prayer, physical help, or emotional encouragement right now?*

**GROW: Grow in the Lord as you engage His Word together.**

Have you ever struggled with reconciling why some people who seem to ignore or disbelieve God may prosper, while, at the same time, you are going through a difficult season? Talk about that struggle and what you have learned.

This week Pastor Brett said, "similar to how laughter and optimism can be contagious, so can a rotten spirit and negativity." Have you seen this truth become evident in your life or the lives of those you are close to? What are some ways we can embrace a posture of optimistic gratitude and avoid a negative mindset?

Ultimately, Asaph, the psalmist in Psalm 73, discovers that true wealth is nearness to God. Read aloud verses 23-28 and talk about what this passage means to you.

**GO: Talk through ways you can put what you've learned into practice.**

Consider a time in your life where you felt like you weren't properly thanked for something you did or gave. How do those experiences affect your willingness to be generous? How should they affect your intentionality to show gratitude to others?

As believers, it can sometimes be difficult to remember to thank God when everything in our lives is going well. Why do you think this is? Is it easier to remember gratitude when things aren't going well? Why or why not?

What would it look like to adopt gratitude by default in your life? How should remembering God's glory and grace help with this?



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