

# MINDSETS: LIVING GRATITUDE

## DISCUSSION GUIDE

### SUMMARY:

As we close out our series, Mindsets, we'll unpack the idea of having a mindset of gratitude. As the people of God, we have so much to be thankful for and the basis of our thankfulness should be rooted in the new life that we have in Jesus! As we approach Thanksgiving, a time in which Americans across the country pause to focus in on appreciation, we'll explore the biblical mindset of gratitude and how greatly it differs from the act of simply saying "thank you" to God and others.

**Key Passages:** Ex. 15:19-21; Jonah 2:9; Job 1; Romans 6:23; Job 38-41

*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.**

Would you say that thankfulness is an important part in the Christian life? Why?

Read Exodus 15:19-21. According to the text what did Miriam do in response to the protection of God on the nation of Israel? Why is it important to thank God when life is good?

Read Jonah 2:9. Has there been a moment in your life where you thanked God while you were in a difficult situation? How can thankfulness change a person's perspective?

**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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