

GRATITUDE

Discussion Guide
November 26, 2017
1 Thessalonians 5:18

Questions for Study

1. Begin your time together as a group sharing about Thanksgiving. Did you do anything special to celebrate the holiday? What are you thankful for this year?
2. Reflect on this statement: "Gratitude is the gateway to joy." Imagine you had to explain or defend that statement to someone. What would you say?
3. Why is gratitude important? What does a life that ignores or resists gratitude look like?
4. What are the biggest obstacles to gratitude?
5. Read 1 Thessalonians 5:18. How does this verse reinforce the importance of gratitude? Does this change the value you place on choosing gratitude?
6. 1 Thessalonians 5:18 tells us to "give thanks in all circumstances." Read Acts 17:1-10 and 1 Thessalonians 1:6. How does this larger context help us understand what Paul means by "all circumstances"?
7. Paul doesn't say to give thanks FOR all circumstances, but to give thanks IN all circumstances? Why is this distinction important?
8. We can give thanks in all circumstances – not because the circumstance is good, but because God is good and the gospel is true. As a group, work to identify 5-8 truths about God's character and the truth of the gospel for which you can be grateful, even in the midst of difficult circumstances.
9. Five practical ways to "grow in gratitude" are listed below. Read through each of these application steps – briefly explaining what they mean in your own words, and how you can apply these things practically in your own life:

Make space for gratitude.

Get specific.

Express it.

Practice, practice, practice.

Focus on the Giver.

10. Challenge: Memorize 1 Thessalonians 5:18: "...give thanks in all circumstances; for this is God's will for you in Christ Jesus."