

LESSON

plan

Gratitude

Gratitude leads to resilience and joy!

Romans 14:17

For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

Primary Scripture Passages:

- Psalm 16:9-11
- Psalm 100
- Psalm 103
- Joshua 4
- Romans 1:18-25

Practices from the module:

- Take two to five minutes each morning for the next week to practice thoughtful gratitude to God as part of your daily abiding time.
- Choose 3 people you want to thank. Text one, send one a letter, and tell the other in person.

Guide for Discussion:

- Begin with everyone expressing gratitude for a couple of current things (can be very simple things), and sharing one personal history moment of God's grace and care in their lives.
- Pause and worship the Lord.

Conversation Questions

- Is it more normal for you to give thanks or to complain? Why is that? How does that affect your life?
- Have you ever gone through a time of intense doubt? What got you out of that time? Did gratitude play a part? Or, do you think it could have helped you?
- How can gratitude help you deal with frustrations, trauma and/or injustice?
- What are you frustrated about today? Or what do you want to push back on from this exploration of gratitude?

Application:

- Express thanks or affirmation to someone in the room.
- Make a plan to grow in gratitude and noticing God's gracious presence in your daily life. Share what you notice with others (testify)!
- Pray for one another.