NOTES & QUOTES



CONNECT (BUILD RELATIONSHIPS)

- 1. Do you have any Thanksgiving traditions?
- 2. What would be your favourite item to eat in a traditional Thanksgiving meal?
- 3. Is there an area of your life where you struggle with grumbling or complaining?

THRIVE (EXPLORE BIBLICAL TRUTH)

- 4. Read 1 Chronicles 16:7-36. What are some of the words that stick out to you that David used?
- 5. Read Luke 17:11-19. Discuss the dynamics of gratitude that take place in this story and how they could relate to our lives?
- 6. Read Colossians 3:17. What do you think the author means when he writes about doing everything with an attitude of thankfulness?

- 7. According to the following Scriptures, why should we be thankful? (Psalm 100, 1 Corinthians 1:4-5, Psalm 7:17).
- 8. Read Philippians 4:4-7. What are some of the benefits we experience related to thanksgiving in the text?

COMMIT (BE ON MISSION)

- 9. What practices have helped you foster a heart of thankfulness? What practical steps will you take this week to grow in thankfulness to God?
- 10. Who is someone in your life you could express gratitude to this week by thanking them for how they bless your life?
- 11. Take a moment to make a mental "thanksgiving list" and then spend some time in prayer giving thanks to God for each

PAUSE. PONDER & PRAY

"In God we have boasted continually, and we will give thanks to Your name forever." Psalm 44:8