

STUDY GUIDE

Introduction:

- How have you practiced gratitude?
- Have you kept a gratitude journal, shared around the thanksgiving table, or spoken your thankful thoughts out loud? Share some of your experiences and practices of gratitude.

During the sermon, Karl shared how some of his experiences with gratitude practices fell flat.

- Have you experienced anything like that?

Study: 1 Thessalonians 5:15-17

Paul teaches the Thessalonian church to “give thanks in all circumstances.” In the sermon, we explored three categories of life in which we need to learn to give thanks.

1. When life is good.
 2. When life is complicated.
 3. When life is painful.
- Where do you find it most natural to be intentionally grateful? Where do you find it most challenging? Why?

We also explored gratitude from a neuroscientific perspective. It was said that the practice many people more commonly associate with gratitude – simply writing or saying or thinking things that we are grateful – is actually one of the least effective ways to create a more grateful and healthy mindset.

- How did you react to that information?

It was then said that there are two ways to practice gratitude that are highly formative in our lives:

1. Receiving gratitude from other people.
 2. Experiencing genuine expressions of gratitude share between others.
- When have you experienced the impact of either of these?

YOUR MOVE

Three challenges were given:

1. Share stories about profound experiences of gratitude.
 2. Give others the gift of your gratitude.
 3. Let your own gratitude be the overflow of these.
- What is an experience of gratitude you can call to mind daily this week?
 - To whom can you give the gift of your sincere gratitude this week? *(Make a plan for when and how you will express your thanks to them. Things that get planned and scheduled get done!)*