



## Session 4

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### Gratitude

#### **BIG IDEA**

Gratitude – an emotional response of the heart towards the favor or benefits of life, and a virtue, a lived-out ethic that comes with moral responsibility.

#### **OPENING QUESTION**

What is something from this past week that you are grateful for?

What is something that was challenging?

#### **GROUP DISCUSSION**

- Read this passage: 1 Thessalonians 5. Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn't you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience and following the way of Jesus? How should it affect the way I live?

A rule of life is a set of rhythms and restrictions we habituate that help us connect with God and resist popular culture.

January 25  
WEEKEND

#### **Changed by Jesus**

According to the National Institute for Health, "The results demonstrate that acts of gratitude can be used as a therapeutic complement for treating anxiety and depression and can increase positive feelings and emotions in the general population."

There were four points to the sermon.

- Gratitude is a practice to embrace
- Gratitude is a resource to use
- Gratitude is a call to obedience
- Gratitude is best for you

#### **Questions:**

What are examples you can think of for each one of these four?

How could embracing gratitude change my life today?

Why is an attitude of gratitude so difficult to maintain?

What is the difference between being grateful **for** everything instead of being grateful **in** everything?

How could embracing gratitude change the way I cope in this season?

How does gratitude keep you connected to God?

How could embracing gratitude change the way you approach what God calls you to?

How could embracing gratitude change the way you trust God with your future?

**Read:** Luke 17:11-19

## **Join the mission of Jesus**

*I will statement...*

Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. As disciples this helps us to be changed by Jesus. Put it in the form, "I Will \_\_\_\_\_". Make it concrete, simple, and achievable.