

# think·thanks

## LESSON 5 // WHAT HAPPENS WHEN YOU GIVE THANKS—PART 2

**Big Idea:** Gratitude is where God's best for your life begins. In our last lesson we saw that gratitude enlarges you, opens access for you and sets miracles in motion in your life.

Giving thanks to God grows your faith in Him. This is a key to living in His peace as you learn to trust the Lord for everything. Thanking God for His love, mercy and grace gives you hope for the future He has in store. And expressing gratitude toward God and others improves your relationships by strengthening commitments, appreciation, unity and harmony with those you care about.

**Philippians 4:6-8 (TLB)** *Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. <sup>7</sup> If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. <sup>8</sup> And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.*

### Start Talking:

- Who is the most grateful person that you know? What do you think makes them so grateful?
- How do you think this past week would have been different had you focused more on God's goodness and blessing in your life?

### Start Thinking:

- **Read Hebrews 11:1, 6 & Colossians 2:7.** What role does thankfulness play in the growth of our faith? How can we intentionally grow our faith? How is our faith affected when we don't live with an attitude and focus on gratitude?
- **Read John 14:27 & Philippians 4:6-8.** Living our lives with gratitude doesn't mean that we will have a perfect life, but it does mean that we can navigate challenges and experience peace. Do you believe gratitude and peace are connected? Why?
- How does Satan use regret against us? Has regret impacted your life or relationships? If so, how? How does thankfulness combat this kind of thinking?
- What do you think would happen in your closest relationships (spouse, kids, friends, etc.) if you began to express more gratitude? How do you think this would impact your relationship with God?
- Can you identify one person in your life that you need to thank and express gratitude to? Would you commit to communicating with them this week to share what you are grateful for?

### Start Praying:

Before praying with your group ask some group members to share what (or who) they are thankful for. As your group close in prayer; encourage your group members to thank God for what they are thankful for. Pray that your group would maintain a thankful perspective and you would choose to focus on what God is doing in (and through) your lives, even in tough circumstances.

### Start Doing:

Invite those in your group to prayerfully consider supporting outreach efforts at Church of the Redeemer. Support can be offered by volunteering, donating products, or offering financial support (for those that are able). For more information visit: <https://church-redeemer.org/ministries/outreach/covid-19>