

Gratitude

Living a Life of Thankfulness

WEEK 1

discussion guide

GRATEFULNESS WAS GOD'S IDEA

Focus verse

Luke 17:11-19

- Jesus asked, "Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?"

Count Your blessings

All good comes from God.

- What is something good that you can thank God for?
- Who is someone in your life that you can thank God for?

Do a Gratitude-Up

- Would you consider yourself a grateful person?
- What do you struggle to be thankful for the most?



Read + Reflect

GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH.

Read Psalm 103:1-5



1

What do you think the word "praise" means?



The Hebrew word "barak" means: to bless (verbally)
v. — to speak words of excellence about.

2

Why do you think it's important that we don't just feel grateful, but speak words of gratefulness to God?

3

Read the underlined portions of David's Psalm. What does David identify as the specific things God does for us?

1 **Praise the Lord**, my soul;
all my inmost being, **praise**
his holy name.

2 **Praise the Lord**, my soul,
and forget not all his
benefits—

3 who forgives all your sins
and heals all your
diseases,

4 who redeems your life from
the pit

and crowns you with love
and compassion,

5 who satisfies your desires
with good things

so that your youth is
renewed like the eagle's.



Pray

GROUP PRAYER GUIDE.

Pray Psalm 103:1-5



Pray through Psalm 103:1-5.

If you've never prayed a Psalm before, all you do is personalize the words of David to feel like your own.

Here is an example:

Dear Lord,

You are excellent in everything. All of me: mybody, heart, mind, and strength wants to bless and praise the incredible Father that you are.

I do not want to forget who you are in the midst of the troubles of life. Please help me remember.

Thank you for forgiving me, redeeming me, crowning me, and satisfying me with good things.

I receive the new strength you promise.
Amen.

1 Praise the Lord, my soul;
all my inmost being, **praise**
his holy name.
2 Praise the Lord, my soul,
and forget not all his
benefits—
3 who forgives all your sins
and heals all your
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