

Gratitude

Living a Life of Thankfulness

WEEK 2

discussion guide

GRATEFULNESS IN PAIN

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?"

You are not alone.

When we are in pain, gratitude can seem impossible.

- What is one "crappy" that turned "happy" in your own life?
- What did you learn from that?

Help is on the way.

- When we are struggling it can feel like help will never come. Where do you most need Jesus' help in your life right now?



Read + Reflect

HOPE IS A DESIRE FOR A FUTURE OUTCOME THAT IS CERTAIN.

Read 1 Thes. 5:16-18



1

What do you think the word rejoice means?



The Greek word rejoice means – (feeling) v. — to feel happiness or joy.

2

Paul seems to think that feeling happy is closely related to praying to God (talking and listening to Him regularly) and giving thanks to Him in all circumstances.

What is one circumstance in your life right now that you know you could be more prayerful and thankful for?

16 Rejoice always,

17 pray continually,

18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Click the icon below to watch this short video from The Bible Project on being made "perfect through hardship" to learn more about the biblical perspective on the purpose of pain.





Pray

GROUP PRAYER GUIDE FOR THOSE IN PAIN.

Pray Psalm 31:9, 14-15



Pray through Psalm 31:9, 14-15.

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,

Things are hard right now Lord. You know the areas where I feel anxiety and unrest. Please show me mercy. I am emotionally exhausted and my body seems to only know one speed: grief.

But even so, I trust in you. I know you have a plan. I need you to get me through this and to protect me and those I love.

Thank you for being my God.
Amen.

9 **Be merciful to me**, Lord, for I am in distress;

my eyes grow weak with sorrow,

my soul and body with grief.

14 **But I trust in You, Lord;**

I say, 'You are my God.'

15 **My times are in Your hands;**

deliver me from the hands of my enemies,
from those who pursue me.