

Gratitude  
Living a life of Thankfulness

## WEEK 4

### discussion guide

# SHINE AMONG THEM LIKE STARS

### Focus verse

Luke 10:27

- "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbor as yourself.'

*With God the pressure comes off.*

- Giving thanks is one way we can offset our tendency to grumble, complain, and talk bad about ourselves and others.
- What are you most likely to grumble or complain about? What does this reveal about where you feel the most pressure in your life?

*Challenge your own story.*

- Luke says to love the Lord with all of our heart and to love others as ourselves. What do you think this looks like in a practical sense as we go about our daily lives?



# Read + Reflect

Read Luke Phil. 4:4-9

1

Anxiety has become the norm for most of us in society. We focus more on anxiety management than on "not being anxious". Do you think Paul is giving the Philippians an impossible task? Why do you think he stresses prayer with thanksgiving as a way to combat anxieties?

2

Where we focus our thoughts has great power over the quality of our lives. Do you think people would say you are a positive person? What would you say you spend the majority of your time thinking about?

3

Practicing what we hear is a major part of following Jesus. Without practice we don't grow. **How are you currently practicing gratitude in your life?**

14 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



Pray.

## PRAY CONTINUALLY.



Pray as you feel led.

This week we will not be praying through a Psalm, but will be opening up the prayer time for people to pray as they feel led.

Here is a way to open up the prayer time together:

Dear Heavenly Father,

You give us every reason to be joyful always. You desire to hear from us continually. You never grow tired of our voice. Through your Son Jesus, your will for us is to be near to you.

Draw near to us now as we pray from our hearts.



16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

