

Thank God

←→ Creating Space
for What Really Matters

WEEK 1

←→ ONE-MINUTE RECAP

Is it truly possible to have unshakeable optimism? The truth is that when we carry a negative outlook in life, we will struggle to lead thankful lives as well. Optimism in the Bible isn't toxic positivity (the denial of "bad days" and hard stuff). Instead, it is something we can be sure of. It is an unwavering expectation that our loving God works every situation for our good and His glory. Hard stuff included.

←→ THANK GOD - ICEBREAKER



When you wake up, what is the first thing on your mind? Or, in your downtime, what takes over your thoughts when you try to relax?

NEGATIVITY TRIGGERS

Some things can quickly bring us down, even when we are having a good day. From the list below (or include your own), what most consistently sparks negativity in you?

FINANCES

RELATIONSHIPS

FAILURE

HEALTH ISSUES

EMOTIONS

DISSAPOINTMENT

STATE OF THE WORLD

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LEARN

←→ READ ROMANS OUTLOUD

For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness.

We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. | Rom. 8:24–28.

Q + A

- What are you hoping for that hasn't happened?
- How does that affect your outlook on the world?
- The Spirit has an active role in helping us with our weaknesses. How often do you ask God to help you in places you feel negative or burdened by?

WHO IS THE SPIRIT?

Read John 14:16-17, v. 26

- The Holy Spirit talks to God about us and helps, guides, and teaches us. This is a gift given when you become a Christian. How have you experienced the Spirit's help in places where you've struggled to stay positive?

←→ And I will ask the Father, and he will give you another Helper, to be with you forever...for he dwells with you and will be in you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things.

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FOLLOW

PRACTICE OPTIMISM

What you'll need:

- A drinking glass (leave it empty)
- A pitcher of water

GET IT OUT

- Go around the room and identify a negative thought cycle in your life that needs to be filled with hope.
- Pour a small amount of water from the pitcher into the drinking glass, representing a place you need God to help you experience hope.

IDENTIFY

- When you reach the end of the exercise, imagine that the glass no longer represents frustration, negativity, pain, anger, or hurt.
- Instead, it now holds the hope that God offers us.

ACTION

- Read this verse aloud and close in prayer.

“May the God of green hope fill you up with joy, fill you up with peace, so that your believing lives, filled with the life-giving energy of the Holy Spirit, will brim over with hope!” Rom. 15:13, MSG

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WEEK 1

ENGAGE

COMMUNITY | PICK A CAUSE

Week 1 of a new series is an excellent time to pick a cause you will ENGAGE with.

Check out our app for new ideas and ways to get involved in our community. Click the image below to be directed to our app.

L.I.F.E. GROUPS | PICK A NAME

- If you have yet to serve each other in the Group, put all the names in the room in a bowl. Have each of you draw out a name.
- This week, make it a point to pray 2 Cor. 9:8 over their name as a blessing every morning.

