

CATALYST

4 Elements That Activate Positive Life Change

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Gr

Gratitude

1 Thessalonians 5:16-18

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

DISCUSSION QUESTIONS

1. What are you most thankful for? What blessing do you most often take for granted in your life?
2. Why do you think it is so difficult for us to maintain an attitude of gratitude as we go through our daily lives?
3. Why do you think it was important for the first century Christians undergoing persecution and suffering to "rejoice always, pray continually, and give thanks in all circumstances"?
4. How is it helpful to frequently ask the question, "What am I thankful for right now?" as we go throughout our day?
5. What is the difference between feeling grateful and expressing thanks? Why do you think it is important to express thanks to God rather than just feel grateful for our blessings?
6. How would it be helpful to frequently ask the question, "what's good about this" when we go through the challenges and inconveniences of life?
7. Pastor Mark tells the story of Corrie Ten Boom acknowledging the "good" while she was living in a flea-infested barracks in a Nazi Concentration Camp. Can you think back over a difficult challenge you faced and recognize something "good" about it?
8. What's the difference between declaring that a bad situation is actually good (which is delusion or denial) and finding some good in the midst of a bad situation (which is faith)?
9. Why do you think the Apostle Paul instructs the early Christians to give thanks "in" all circumstances, not to give thanks "for" all circumstances?
10. How can we "pray continually" throughout the day?
11. How can parents help their children discover the importance of gratitude in the midst of frustration, disappointment, or the challenges of life?