

Give Thanks!

1. What are you thankful for today?
2. Where do you find yourself tempted to complain?

1 Thessalonians 5:16-18 - Always be joyful. ¹⁷ Never stop praying. ¹⁸ Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

3. Which is easier for you – Always being joyful, praying continually, or being thankful in all circumstances?
4. Which is hardest for you – joy, prayer, thankfulness?
5. How can you be thankful when circumstances are bad? What can you be thankful for when everything is going wrong?
6. When we are not thankful, we tend to start complaining. When we complain our bodies release cortisol which puts us in 'fight or flight' mode. How have you seen this play out in your life?
7. Do you tend more towards fight or flight?

Galatians 5:22-23 - But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

8. Which of these 9 fruit of the Spirit, or character traits, do you struggle with the most when you stop being thankful, start complaining and go into fight or flight mode?
9. Complaining focuses us on what's wrong, giving thanks focuses us on what's right. Why is this important?

Mark 8:1-9 - About this time another large crowd had gathered, and the people ran out of food again. Jesus called his disciples and told them, ² "I feel sorry for these people. They have been here with me for three days, and they have nothing left to eat. ³ If I send them home hungry, they will faint along the way. For some of them have come a long distance." ⁴ His disciples replied, "How are we supposed to find enough food to feed them out here in the wilderness?" ⁵ Jesus asked, "How much bread do you have?" "Seven loaves," they replied. ⁶ So Jesus told all the people to sit down on the ground. Then he took the seven loaves, thanked God for them, and broke them into pieces. He gave them to his disciples, who distributed the bread to the crowd. ⁷ A few small fish were found, too, so Jesus also blessed these and told the disciples to distribute them. ⁸ They ate as much as they wanted. Afterward, the disciples picked up seven large baskets of leftover food. ⁹ There were about 4,000 men in the crowd that day, and Jesus sent them home after they had eaten.

10. How in this occurrence did the disciples focus on what's wrong?
11. How did Jesus focus on what's right?
12. How did thankfulness play a part in this situation?
13. What areas of your life are not going well? (job, marriage, family, health, God)
14. What are some things that you can be thankful for in that area?
15. What will help you every day to focus on what you can be thankful for?