

No Thanks week one

//DISCUSS

- Q1 – Does gratefulness come natural to you or does it take work?
- Q2 – When you think of someone or something you are grateful for; do you express it? If so, how often? In what kind of detail?
- Q3 – Real growth will always require you to do something good before you feel like doing it. In what area of your life do you feel the need to make a change, but you just don't "feel" like it yet?
- Q4 – Who in your life do you need to show "personal" gratitude towards? In what way – Say thank you, help them in return, compliment them or build them up to others?
- Q5 – There is a connection between practicing gratitude and experiencing peace. In what way might this personally impact your life if you practiced more gratitude?

//READ

Philippians 4:6-7 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

//PRAY

Pray that God would help your heart to be grateful and to look for opportunities big and small to give thanks each day.