



Grateful Discussion Guide

Week One

Day 1: “God, I Don’t Feel Grateful”

Discussion Questions:

—How do you feel like you’re doing in your own life with gratitude?

Practical Application:

—Spend some time today in prayer honestly talking to the Lord and surrendering every step of this journey to Him.

Optional Further Reading:

Psalm 13

Day 2: “The Choice”

Discussion Questions:

—How can the realization that gratitude is an invitation rather than an emotion give you freedom in your own journey with gratefulness?

Practical Application:

—Let's open up the gratitude journal at the back of our book (or even the notes app on your phone!) and begin to jot down our own words of thankfulness to God.

Optional Further Reading:

1 Chronicles 16

Day 3: "Opening the Gift"

Discussion Questions:

—How can you view the call to gratitude as a blessed reminder rather than a burden?

Practical Application:

—If you're able, commit the words of Psalm 118:24 to memory or jot them down on a post-it note to stick somewhere you can be reminded of throughout the day.

Optional Further Reading:

Philippians 4, Psalm 118

Day 4: "Everyday Emmanuel"

Discussion Questions:

—How can the implications of knowing God as Emmanuel lead us to thanks?

Practical Application:

—Think of an area of your life that feels messy or where it seems hard to see God working. Pray the words of Psalm 139:7-8 (aloud or in your head) and choose to trust that God IS right in it with you.

Optional Further Reading:

Luke 2:1-20, John 1

Day 5: “Sweet Surrender”

Discussion Questions:

—What are some of the seeds within your own heart that feels as though they’ve been buried or broken? How can viewing these in the light of John 12:24 transform your own perspective on surrender?

Practical Application:

—Make a list of the dreams or expectations in your own heart that feel as though they’ve been buried or broken. Claim the words of John 12:24 today, trusting that this space of surrender is truly where God is going to begin growing you anew.

Optional Further Reading:

John 12:23-26, John 6:35-40