



Grateful Discussion Guide

Week Three

Day 11: “The Slow Grow”

Discussion Questions:

—Think of an area of your life where you’re tempted to rush past. How can embracing gratitude help you slow down and stress less, even in the moments that feel messy or mundane?

Practical Application:

—Take one of those areas of life you’re tempted to rush through (housework, running errands, showing up at work) and actively pause here in a prayer of thanks.

Optional Further Reading:

—Matt 11:28-30, Matt 16:24-27

Day 12: “Pulling Up Weeds”

Discussion Questions:

—Think of those areas in your life where it seems easier to grumble than give thanks. What might this reveal about some untruths you are believing about God's character?

Practical Application:

—Pay attention to the things you find yourself speaking about today. Are there areas you're tempted to grumble or complain? Prayerfully ask God to reveal these potential areas of unbelief.

Optional Further Reading:

—Matt 13

Day 13: "So Long Fear"

Discussion Questions:

—Do you have areas in your life where you are struggling with fear? How might you employ the gift of gratitude to deepen your trust in God?

Practical Application:

—Think of that space of fear we just talked about. Now imagine God standing right in the middle of that fear. How does your view of your situation change?

Optional Further Reading:

—Daniel 3

Day 14: “Thanks-fueled Prayer”

Discussion Questions:

—Philippians 4:6 tells us to “not be anxious about anything.” How can we practically do this?

Practical Application:

—As you come to God in prayer for what you need today, sandwich each request with a prayer of thanks. If you need some help getting started, open up your Bible to Psalm 34 or Psalm 100 and personalize those words of praise.

Optional Further Reading:

Psalm 34, Psalm 100

Day 15: “Contentment”

Discussion Questions:

—Think of those spaces where it’s easiest for you to experience discontentment. How can the perspective shift of Philippians 4:13 change your own view of contentment?

Practical Application:

—Consider the right now of your life. Spend some time giving God praise for where He has you, for the circumstances you find yourself in, and for how he never changes in both the good and the bad of your messy, ordinary life.

Optional Further Reading:

—Philippians 4