



Grateful Discussion Guide

Week Two

Day 6: “Think on these Things”

Discussion Questions:

—How can you take the words of Philippians 4:8 to “think on these things” in a practical sense?

Practical Application:

—Consider the different things you’ve been filling up on—news, social media, television, etc. How do you think these are meeting up with the words of Philippians 4:8?

Optional Further Reading:

Philippians 4

Day 7: “Sowing the Right Seeds”

Discussion Questions:

—Would you consider yourself a “conscious” or “unconscious” cultivator of your thoughts?

Practical Application:

—Today pay close attention to the things you’re thinking about. What are the beliefs and topics that are dominating your thoughts? How can you actively choose to “take every thought captive” and bring it into obedience with Christ?

Optional Further Reading:

2 Corinthians 10

Day 8: “A Heart of Praise”

Discussion Questions:

—Think of an area in your life where you are struggling with fear or anxiety. How can you actively employ the gift of gratitude to combat this?

Practical Application:

—Turn on some worship music and simply spend some time praising God for who He is and what He’s done in your life.

Optional Further Reading:

—Colossians 3, Psalm 34

Day 9: “Suffering from Spiritual Amnesia”

Discussion Questions:

—What are those areas in your own life where it's easy to forget or overlook the good things God has done?

Practical Application:

—Take a moment to reflect on God's faithfulness to you in the past—maybe looking back at calendar dates of significant moments in your faith journey, such as a baptism or conversion experience, big prayers that have been answered or memorialized or milestones where you've seen God grow your faith. Add them to your calendar for the upcoming year to celebrate those past moments of faithfulness in your present.

Optional Further Reading:

Psalm 103

Day 10: "In the Vine"

Discussion Questions:

—One passage of our reading today says, "As believers, our job isn't growing—it's abiding." How can this give you relief on your own journey of gratefulness?

Practical Application:

—Take one of your normal, everyday habits—eating breakfast, taking a shower, even brushing your teeth—and spend those moments silently (or outwardly!) reflecting on what it means to abide in Jesus.

Optional Further Reading:

Galatians 5, Colossians 2