



### Habitudes Week 3 - Gratitude

**Welcome** - What is the worst and best present you've ever had? How did you show your gratitude?

#### **Word**

Read Philippians 4: 4-7 and 1 Thessalonians 5:18

Paul wrote the first passage while in Prison yet was encouraging others to rejoice in the Lord and to not be anxious about anything but pray with thanksgiving to God.

- Do you find this easy or difficult to do? Explain...
- Why is gratitude so important?
- We discussed some barriers to gratitude on Sunday, are there any others you can think of when it comes to your own life?
- What are some of the things you are grateful for right now? List 3 things each!
- Discuss 1 Thessalonians 5:18 and what it means to 'In everything give thanks.'
- How will this help in difficult times?

On Sunday we looked at 7 benefits of gratitude.

List some of those benefits and discuss.

Despite knowing that gratitude is beneficial to us, why can we lose sight of gratitude and focus on what we don't have?

What part does our world/social media play in presenting the lie that we should want more?

Gratitude starts with a change of habitude.

3 things were mentioned Sunday to help develop this habitude:

**Be Present, Know your purpose, Always praise.**

List some of the things that will help you do this, write them down as a reminder and use them in the coming week to develop the habitude of gratitude. Hold each other to account and encourage one another during the week.

Pray for those that are in difficult situations - pray that they would know God's in control and that they would grow, have courage to keep going and that they would find things to be grateful for. Finish by spending time praising God together - show Him your gratitude!!