

## Express Gratitude Small Group Guide

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. What is one thing from this past week that you are thankful for?
2. Who is one of the most positive people you know?

**Read the following passage:** Read 1 Thessalonians 5:12-18.

**Questions for Discussion** (Choose several that are relevant for your group):

1. Paul commands his readers to give thanks in all circumstances. What do you think results when we abandon this practice? What is the danger in adopting an attitude of entitlement?
2. Why should followers of Jesus Christ be able to give thanks “in all circumstances”?
3. Read Psalm 103. What are some reasons, according to this psalm, that we should be thankful?
4. Read Deuteronomy 6:10-12. What warning does Moses give to the Israelites? How does this connect with being thankful?
5. Read Luke 7:36-38. Why do you think the woman did what she did? What are some ways we can turn our gratitude into action?
6. Read Psalm 100. How does gratitude affect the way we worship?
7. What are some things you are thankful for in your life right now?
8. How can you incorporate an attitude of thanksgiving into your life this week?

**Pray**