



Digging Deeper this week...

BiG iDEa: Gratitude toward God and others is the soul of contentment.

Set aside some time throughout this week to read and reflect on what God's word says on the subject from the Bible passages below. Some questions are provided for you or a small group of friends to provide focus for your reflection. Before your start: Breathe, pray, ask the Holy Spirit for help.

Identify

Make a list of 10 things you are thankful for and a list of 10 things you are least thankful for. When you compare your lists, which one do you find yourself thinking about most in a given day?

Read

Scriptures to grow by... Psalm 100, 107:1-3; Luke 15:11-32; Mat. 11:25-30, 14:19; Ephesians 5:20; Philippians 4:4-6, 11-13; 1 Thess. 5:18; Proverbs 15:15-16; Ecclesiastes 6:9.

Reflect

1. What words, phrases or ideas stand out to you from the Bible readings you read today? How does gratitude or ingratitude influence your own attitudes, decisions and behaviors toward God and toward others? Explain.
2. How do these words, phrases or ideas connect with your everyday life? What do they lead you to think or to do?
3. Think of a time when you were disappointed or angry about how things turned out in a specific situation. How did your response help you or the situation to improve? How might things have been different if you looked for God's goodness and presence in the situation as your first response? Explain.

Respond

Moving forward...

This week, take time to express your gratitude to someone. It may be something as simple as a phone call or email, or as elaborate as taking someone to lunch or giving a gift. Then, express your gratitude to God for all He has done in your life. You can show Him thanks by simply telling Him, by spending time with Him, or by serving Him and/or others in a special way.