

# LIFEGROUP

## STUDY ON GRATITUDE

1. Make a list of 5 things you are thankful for today. Was that easy or hard? Why?
2. Where does thankfulness start from?

### Gratitude puts God in the centre

#### Read Psalm 138

1. Look at the first 3 verses. What would you say is the state of David's heart and mind.
  - 1.1 Look at the last 2 verses. Is David in a good situation or bad?
  - 1.2 Usually, when we are struggling, we start with our problems, and then ask God to fix them. Here, David starts by thanking God. Why?
  - 1.3 Read verse 3: Is this true in your life? Why or Why not?
  - 1.4 Why do you think David writes verses 4-6. David is a King himself, what might he be thinking when he writes this?
  - 1.5 If you had to summarise this Psalm into 3 points, what 3 points would they be.

### Reflection

*"Thankfulness works in the Christian community as it usually does in the Christian life. Only those who give thanks for the little things receive the great things as well. We prevent God from giving us the great spiritual gifts prepared for us because we do not give thanks for daily gifts. We think that we should not be satisfied with the small measure of spiritual knowledge, experience, and love that has been given to us, and that we must constantly be seeking the great gifts. Then we complain that we lack the deep*

*certainty, the strong faith, and the rich experiences that God has given to other Christians, and we consider these complaints to be pious. We pray for the big things and forget to give thanks for the small (and yet really not so small!) gifts we receive daily. How can God entrust great things to those who will not gratefully receive the little things from God's hand?" - Dietrich Bonhoeffer*

How regularly are you thankful for the small things, not taking them for granted?

The heart of thankfulness takes action.

The act of thankfulness takes work.

The work of thankfulness takes discipline.

To develop the value of gratitude, you need to practice and be mindful of it each day. How can you practically do that? What ways can you thank God daily?

#### Pray

Thank God, again and again. Spend time, reflecting, thanking and rejoicing in Him.