

Small Group Study Guide

ICE BREAK

- How is Thanksgiving for you and family: a time of joy/celebration or more a time of tension/sadness?
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STUDY

This week we focus on Gratitude as a Battle.

What did you hear in this week's sermon that was new about Gratitude as a Spiritual Weapon?

1. Read Romans 1:18-21, 28-31

- a. How does neglecting gratitude darken our hearts- eventually making us more wicked?
- b. Do you think Paul is exaggerating here linking ingratitude to other wicked sins?
- c. How does regular gratitude act as a vaccine against our hearts becoming DARK?

2. Deuteronomy 8:10-17

- a. How does a spirit of ingratitude lead us to self-deception?
- b. Discuss why growing in gratitude takes intentionality and group support: worship, small groups.
- c. How does giving and generosity foment gratitude?

3. Philippians 4:5-7 Thanksgiving combats Anxiety!

- a. Discuss how pausing and thanking combats anxiety.

4. Psalm 10:4 The War against Pride

- a. Are we mostly aware or not of our pride? How does gratitude nurture humility in us?
- b. How does expressing gratitude combat Pride?
- c. What helps you combat the illusion of self-sufficiency?

- i. How does our culture breed a sense of entitlement..
 - ii. How did your parents raise you to have or not have this sense of entitlement?
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REFLECT

- Reflect and Discuss practical ways to grow in gratitude: Psalms 24:1
 - Close with a period of voicing specific gratitudes.
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PRAY

- Pray to live "Blessed are you Lord" lives.
- Follow up on past prayer requests.
- Pray for the spirit of gratitude in our daily spiritual battles.