

Discipleship Group

Honor God ...
Make Disciples

November 6, 2016 - Thank You Notes Part 1

Big Idea

Although Christians have probably known for a long time that blessings come from learning to be grateful, independent researchers are now discovering the same thing—there are a host of benefits for those who are consistently grateful. According to the University of California in Berkeley, researchers have found that regular expressions of gratitude result in:

- a stronger immune system and lower blood pressure
 - a higher level of positive emotions
 - more joy, optimism, and happiness
 - acting with more generosity and compassion
 - feeling less lonely and isolated
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Get Started

In that wonderful day you will sing: “Thank the Lord! Praise his name! Tell the nations what he has done. Let them know how mighty he is!

Isaiah 12:4(NLT)

Discussion Questions

1. What is the difference between feeling grateful and being grateful?
2. How can you choose to be grateful independent of your feelings or the circumstances?
3. In what situations do you find it difficult to be grateful?
4. How can you still have a grateful heart even in those situations?

Prayer

As a group pray aloud, telling God what they are thankful for and praising Him for His goodness to us.

Pray for our outreach projects for the holidays: Thanksgiving Baskets (believing for 50), Operation Christmas Child and Toy Drive. Encourage your group to participate.

Encourage your group to join us for all church prayer on the third Saturday of every month from 6-7 PM at the church. .