

Discussion Guide

11/24/2024

It Starts in the Heart

The Impact of Gratitude

Pastor Daniel Groves

Main Idea

As Thanksgiving approaches, it's the perfect time to reflect on the power of gratitude. Gratitude isn't just a seasonal feeling—it's a transformative lifestyle that can reshape how we see God, others, and ourselves. In today's message, we'll explore how adopting a daily attitude of gratitude can bring lasting change, from reducing stress and improving our health to deepening relationships. This is a key practice that can not only impact our hearts but also our lives as a whole.

Above all else, Guard your heart, for everything you do flows from it.

Proverbs 4:23

Anchor Passage

Create in me a clean heart, O God. And renew a steadfast spirit within me.

Psalms 51:10

1. **A HEART Of Gratitude Helps Us See The Bigger Picture.**

Gratitude helps us see the bigger picture and recognize how God is working in our lives, even in difficult seasons. It lifts our eyes from our problems to God's promises.

Read Romans 8:28

In what areas of your life do you find it hardest to cultivate a daily attitude of gratitude? How might intentionally focusing on gratitude in these areas transform your perspective on God, others, and yourself?

2. **A HEART Of Gratitude Turns Ordinary Moments Into Joyful One.**

Life is full of simple, everyday moments that we often overlook. Gratitude transforms the mundane into something meaningful.

Read 1 Thessalonians 5:16-18 and Philippians 4:4

Think of one ordinary moment from your daily routine—whether it's a meal, a walk, or a conversation. How can you practice gratitude in that moment to turn it into something more meaningful and joyful? How might this shift in perspective impact your overall sense of contentment and joy throughout the day?

3. **A HEART Of Gratitude Creates Strength In Tough Times.**

Gratitude doesn't eliminate hardships, but God provides us with the strength to overcome them.

Read Nehemiah 8:10

In difficult or painful circumstances, how can gratitude help shift your focus from the struggle to God's presence and provision? Share a time when you experienced strength or growth by choosing to be thankful, even in the midst of hardship. How did that change your perspective on the situation?

4. **A HEART Of Gratitude Will Ultimately Draw Us Closer To God.**

When we live our lives filled with gratitude, we will start to acknowledge that Everything GOOD comes from God.

Read James 1:17 and Philippians 4:8

Reflecting on the story of the ten lepers, why do you think only one returned to give thanks, and what do you think it means for us to cultivate a heart of gratitude in our relationship with God? How does expressing gratitude deepen your trust and faith in Him?

SUMMARY

Today's sermon highlights the transformative power of gratitude, showing how it shifts our perspective, deepens our joy, and strengthens our faith. It teaches that gratitude helps us see God's blessings in both ordinary moments and difficult times, drawing us closer to Him. Ultimately, embracing a heart of gratitude strengthens our relationship with God and empowers us to face life's challenges with joy and contentment.

CALL TO ACTION

Challenge - write down 3 things you are grateful for

1 that makes you tear up thinking about it

1 that's meaningful and affects someone else

1 that's light-hearted (coffee, etc.)

COMING UP

Join us in reaching our city with Hope City's annual [Hope for Christmas](#) project!

GROUP LEADER RESOURCE

Game: Thanksgiving Icebreakers

Icebreakers are effective tools to ease this discomfort by encouraging conversation and helping people connect. They create a relaxed atmosphere, foster inclusivity, and ensure everyone feels welcome. The article emphasizes the importance of icebreakers at Thanksgiving, particularly for facilitating meaningful interactions among distant relatives and acquaintances. It also offers tips on preparing for the event, such as setting up a comfortable environment and tailoring activities to your guests' interests and demographics. Icebreakers can range from gratitude sharing to fun games, enhancing both the conversation and overall holiday experience.

<https://remo.co/blog/thanksgiving-icebreaker>