

Gratitude Shift

Gratitude Shift: Shifting Circumstances to Steadfast Character

October 25-26

1. GRATITUDE IS NOT THE RESULT OF PEACE, BUT THE ROAD TO PEACE!

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus,” (Philippians 4:6-7).

2. A LIFE OF GRATITUDE ISN'T GIVEN, IT'S GAINED.

¹² “I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all things through Him who gives me strength,” (Philippians 4:12-13).

3. GRATITUDE IS NOT ABOUT GETTING WHAT I WANT, BUT REMEMBERING WHAT I'VE BEEN GIVEN.

⁹ “For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. ¹⁰ But by the grace of God I am what I am, and His grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me,” (1 Corinthians 15:9-10).

Group Discussion Questions:

1. Are there things in your life that are making it difficult to be grateful? How might gratitude be your road to peace?
2. Are you facing resistance in any areas of your life that could be opportunities to strengthen your gratitude muscle? What habit or practice (journaling, gratitude prayer, serving, etc.) could you begin this week to “train” your gratitude.
3. How have you experienced God’s undeserved grace in your life? How does that inform your gratitude and gratuity (generosity)?