

THE GOOD LIFE

Spiritual Discipline of Gratitude

Speaker: Jairo

Below are some study questions that will help you and your Life Group dig deeper into the spiritual discipline of the Confession. We've included plenty of questions, but feel free to use just a few or choose whatever questions best fit your group.

Opening Discussion:

1. What were your initial thoughts when you learned that Gratitude is a spiritual discipline?
2. What do you think the purpose of Gratitude is?

Bible Questions:

1. Ask group members to read Psalms 50:23 and 1 Thessalonians 5:16-18. Give them a few minutes with the passage, and then ask them to share what this passage means and how they can apply it to their lives.
2. Ask group members to read Luke 17:11-19. Give them a few minutes with the passage, and then ask them to share what this passage means and how they can apply it to their lives.

Application Questions:

1. After reading these passages, we come to the understanding that thanksgiving is a characteristic that followers of Jesus should have. Why do you think this matters?
2. As we read about the person that came back to give thanks to Jesus, we learn he was a Samaritan. In other words, he was the least likely person to give thanks to Jesus. How does this help us understand our role in giving thanks?
3. Jesus tells the Samaritan, "Rise and go. Your faith has made you well". The Samaritan understood that there was a deeper healing that happened apart from his leprosy. Could it be that thanksgiving does a work for us that we don't understand fully?

Closing & Prayer: [set aside 10-20 minutes for prayer]

Allow enough time to pray for each other. Pray for greater awareness of the intentional steps we can take to build a discipline of Thanksgiving. Take time to confess to each other if you feel comfortable.