

## **THE GOOD LIFE**

### **Spiritual Discipline of Gratitude**

**Speaker: Jairo**

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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. How have you grown in gratitude this past week?
2. Are there moments where you felt that God showed up?

#### Bible Questions:

1. Ask group members to read Philippians 4:6-14. 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. At the time of Paul writing this passage, Paul was in prison and there was no certainty that he would have food and water for days. Paul finds comfort in God in these moments. How can we apply this principle in our personal lives?
2. Paul says, "I have found the secret of living and that is to be content". Contentment leads towards a life of gratitude. What are some areas in your life that you can be more content with?
3. Paul says, "I can do all things through Christ who strengthens me". The reason Paul is able to give thanks is because of the work that Christ Jesus has done in our lives. Let that be the focus of our lives when we give thanks. We can give thanks to God because of His Son. How can we apply that this week?

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.