

Thanksgiving
November 22, 2020

Read

Read Psalm 100.

Discuss

- What are your Thanksgiving traditions? How are they different this year?
- What is a skill you have that took hard work to develop but now brings you joy?
- Read 1 Thessalonians 5:16–18 and Psalm 100. What stands out to you? What questions do you have about the text?
- What is the connection between joy and thankfulness? If thankfulness is the key to joy, what habits and attitudes steal our joy?
- What is the difference between *feeling* thankful and *doing* thankful? What has been your experience with practicing thanksgiving? James 1:17 says that “Every good and perfect gift is from above, coming down from the Father...” Do you tend to think of the things you’re thankful for as gifts from God?
- What does it mean to give thanks and lament at the same time? What are some things you are lamenting right now? What are you thankful for?
- What practical things can we do (besides 40 Days of Gratitude) to build up our “Gratitude Muscle”?

Pray

Here are some prayer prompts to guide your time of praying together:

- *Thank God for the good gifts He has given you.*
- *Cry out to God with your frustrations, anger, and laments.*
- *Pray for the people you would normally be with this Thanksgiving.*

Next Steps

1. 40 Days of Gratitude Challenge: Each day, for the rest of 2020, write down three things that you’re thankful for. If you are in a group, set up a way to hold each other accountable. If you are not in a group, invite someone else to do 40 Days of Gratitude with you.
2. Write a note to someone you’re thankful for and email/send it to them.