

# Thanksgiving 2018

## INTRO

- What's your favourite season of the year?
- What is one simple item that you own that you really like?
- When you're having a hard day, what's something enjoyable that you do to lighten the load?

## READ

Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!  
Psalm 100:4

Romans 1:21; 1 Thess 5:16-18; Heb 12:11

## REFLECT

Paul, the author of the book of Romans, contrasts the **priority** of honouring God and giving thanks to him with what happens when we don't.

*Qu: Why do you think that when we cease to give thanks our minds become futile in their thinking?*

*Qu: Similarly, why do you think that our hearts become darkened?*

There is a **problem** with thanksgiving – life is not always easy and therefore it's sometimes really hard to be thankful.

Three things we can be thankful for in hard times

- 1) For spiritual self-awareness. Acknowledging our feelings allows us to lament.
- 2) For the opportunity to expose our personal fault lines and idols.
- 3) That we grow more in times of pressure that we do in times of ease.

“Be willing to tolerate the discomfort necessary for growth.”

— Peter Scazzero, Emotionally Healthy Spirituality

*Qu: Are you aware of your fault lines? When pressure comes what are you tempted to turn to instead of God?*

*Qu: What gospel truth do you need to apply when your fault line is triggered?*

Consider these three areas as we **practice** the art of thanksgiving

- What God has given us
- What God has done for us
- Who God is

## RESPOND

*Qu: What are you thankful for? Consider one thing from each of the above three categories.*

Some people find it helpful to regularly write down the things that they are thankful for, so they have something to be strengthened with during difficult times.

- What encouraged and challenged you most from today's discussion?
- How can you practically apply what you're learning to your personal life?

## PRAY

- Pray for one another to become more spiritually self-aware.
- Pray for one another to be able to apply the specific gospel truths we need in our lives.

All of my life

In every season

You are still God

I have a reason to sing

I have a reason to worship

***Desert Song by Hillsong United***