

THANKSGIVING

INTRO

- What is something in 2020 you've become more grateful for?

READ

1 Chron 16:8-11; Ps 50:14

REFLECT & RESPOND

Gratitude has long been a virtue with incredible physical, psychological and social benefits.

Qu: Despite gratitude's benefits, what are some challenges you encounter in practicing gratitude?

GRATITUDE & THANKSGIVING

Thanksgiving is gratitude in action—an outward demonstration of internal gratitude. In Scripture, thanksgiving is Godward in that everywhere and in every situation, God's people should continually give thanks to God.

Thanksgiving is an ART:

Affirming,
Recognizing and
Thanking God for who he is and what he does.

Qu: what do you think we miss out on when our thanksgiving neglects this Godward direction?

GRACE & THANKSGIVING

To grow in biblical thanksgiving is to grow in God's grace. In fact, the word for "give thanks" in the NT is *eucharisteo* which is closely linked to grace (*charis*). The Eucharist or Lord's Table is central to Christianity where we are regularly called to remember and give thanks for Jesus. For Grace.

In other words, thanksgiving is to be centred around God's grace and God's grace is seen most clearly in the person and work of Jesus.

When we understand all of life is a gift of God's grace, it's humbling. The greater our awareness

of and response to grace, results in deeper gratitude and thanksgiving.

Qu: does the connection between grace and thanksgiving make sense to you? Why or why not?

PRACTICING THANKSGIVING

Read Luke 17:11-19. In this story of Jesus cleansing the 10 lepers, we can see 2 things about giving thanks:

1. It doesn't come naturally or easily to us (1/10 turned back and thanked Jesus)
2. Giving thanks takes intentional effort (v15-16...*he turned back...loud voice, fell on his face...giving thanks*)

Practice thanksgiving towards God and others in your life by:

- starting a gratitude list;
- Offering prayers of thanksgiving and specifically listing what you're thankful for (Ps136);
- Letting those people you are grateful for know!

PRAY

- Practice thanksgiving: take a moment to thank God for something specifically. Allow each person in the group an opportunity.