

Going Deeper Questions
Gratitude
Brent Linihan 11/20/2022

Sermon Scripture Passage

Psalm 138

Fun icebreaker question

Share a favorite thanksgiving tradition or a favorite thanksgiving memory

Discipleship Cycle: Debrief & Interpret

Consider someone you might be tempted to envy. What is one way you can proactively show appreciation for them this week, as a way to counter envy?

Quick Review: What stood out to you from this week's passage?

Looking back at your notes from this week's passage and sermon, was there anything you heard for the first time or that caught your attention, challenged or confused you?"

My Story

1) According to Kurzgesagt, "People who are grateful, no matter what for, tend to be happier and more satisfied. They have better relationships, an easier time making friends. They sleep better, tend to suffer less from depression, addiction, and burnout, and are better at dealing with traumatic events."

Share your thoughts on this quote. In your experience, can gratitude really have this big of an impact on one's life? How does this quote line up with what the Bible teaches about gratitude?

2) In the sermon, Brent mentioned that Gratitude is a is a deceptively simple yet powerful practice but can also be used as a cudgel, how have you seen gratitude wielded in your life?

3) If you're comfortable, share a time when you found yourself in a Psalm 137 moment (in the middle of a very real crisis and no matter how hard you tried you couldn't find our way out and it felt like God was nowhere to be found), how did you find your way out of that situation?

Dive Deeper

Let's re-read the passage one more time. - Circle / highlight any words or phrases that catch your attention. - Underline what you think is important to remember. - Put an X next to anything that confuses you. *Faith: What is this passage asking me to believe about God or myself? *Hope: What hope does this passage offer us as God's people? *Love: What is this passage asking us to do? How do we put these words into action in our lives?

Discipleship Cycle: Respond Actively

This week try a gratitude journal. 1-3 times this week sit down and write 5-10 things for which you are grateful.

A special question for couples and families

Brent mentioned that one of the sure fire ways to sink a relationship is to turn a gift into an expectation, something that was once freely offered into something that is demanded. Why would this shift in perspective cause damage to a relationship? How can we prevent a gift from becoming an expectation? How often do you tell your partner/spouse that you're grateful for them? If you have kids, how often do you tell them?
