

Thanksgiving 2018
Message: Being Thankful In Stressed-Filled Times
Core Group Discussion Guide
November 18, 2018

Message Overview:

A loving mate works hard all day at the office or at home. Do we bother to say thanks? Think about how often in a day someone does something for us – however small. Do we remember to thank them? Now think about how often God helps us in life. Think about how much God has given us, providing for us, and protecting us. How often do we say thanks to Him? A thankful heart shows that you recognize God's work in your life. By giving thanks to God, you can show others what God has done in your life and invite them into relationship with Him. Giving thanks is a way to celebrate both the giver and the gift! Celebrate often!

Text: Philippians 4:4-8

Questions for Discussion:

• **OPEN IT –**

1. What are you most thankful for today?
2. When was a time you were especially thankful for someone else? Why?

• **EXPLORE IT –**

1. What did Paul encourage his readers to do? (4:4)
2. How did Paul tell the Philippian Christians to treat others? (4:5)
3. What were the Philippians to do instead of worrying? (4:6-7)
4. How can a believer enjoy the peace of God? (4:6-7)
5. What are the qualities of wholesome thought? (4:8)

• **GET IT –**

1. For **what can you** thank God?
2. For **what should we** thank God?
3. Who is someone for whose faith you are thankful?
4. In what ways is God faithful to you?
5. How can we say thank you to God for His faithfulness?

• **APPLY IT –**

1. In what part of your daily routine this week can you take time out to thank God?
2. How can you remind yourself to say thank you to God at least once each day this week?