

It's a Wonderful Life—Be Thankful

Study Questions

1 Thessalonians 5:18; Psalm 107:1; 1 Thessalonians 5:11

Warm-up

1) What can you easily get distracted by?

What sorts of things do you do to help keep your attention focused on what matters?

A little deeper

2) [1 Thessalonians 5:18] How is it possible to be thankful in all circumstances?

Think of some situations that have caused anger, frustration, or sorrow for you or others recently (a string of red lights, illness, bad decisions, etc.). **In each negative situation you think of, what is there to be thankful for?**

3) [Psalm 107:1] **In what ways has God shown that He is good, both in the Bible and in your own experience?** Below are some verses that might help:

Genesis 1

Deuteronomy 8:7-10

Psalm 84:11

Acts 10:34-35

Acts 10:37-38

1 Peter 1:3-4

In what ways has God shown enduring love?

4) [1 Thessalonians 5:11] **What are some ways we encourage one another to be thankful?**

How can we know that someone needs that encouragement and when should we be giving it?

Bringing it home

5) **Has there been a time that you haven't been able to give thanks to God? Where was your attention focused?**

At what point were you able to be thankful again?

6) **Practicing gratefulness for each other, who we can readily see and talk with, can help deepen our gratefulness toward God (and vice versa). What do you have to be thankful for about the people closest to you? What do you appreciate about them? How can you show your gratefulness and appreciation for them?**

Prayer

7) **Give thanks to God for some of the specific things you've been talking about, and praise Him for His goodness and His love.**