

GRATEFUL SERIES LIFE GROUP WEEK 2 DEVELOPING A POSTURE OF GRATITUDE

Introduction: In this sermon Pastor Anna shared about practices that take gratitude from something we feel now and then to become a set attitude in our hearts. This attitude is so key to not only getting through the storm but opening the door to miracles in a storm. The goal of our discussion today is to encourage and support each other in the choices and disciplines we need to develop for a life of gratitude.

1. She mentioned that God will often give us a song or word that helps us anchor into gratefulness during wilderness time. Is there a song or phrase that has been a lifeline for you during this covid season?

2. Gratitude is not the natural go to posture of our heart. We normally slouch not only physically but also tend to slouch spiritually towards negativity. Describe a negative attitude that you've especially had to wrestle with that has challenged your gratitude, during this recent season (Disappointed, discouraged, defensive, despairing, defeated, depleted, other).

3. Bringing to mind anchoring memories of God's faithfulness and being grateful for them brings the promise of God's blessings in many ways. What is one that you can relate to:
 - a. A cheerful heart brings healing to soul and body. (Prov. 17:22 TPT)
 - b. Gratitude opens the door for the explosive power of contentment. (Phil. 4:10)
 - c. Gratitude focuses our heart on the *Problem Solver* instead of the problem.
 - d. Gratitude helps turn worry into worship.
 - e. Gratitude opens the gates for the *King of Glory* to come in and do a miracle.

4. Anna shared how God provided during a time when things seemed hopeless and God seemed silent. Do you have a testimony of God providing in a time like that? What did you learn?

5. The key to setting a posture of gratitude is making a consistent disciplined choice in the way we are going to respond to the things going on around us. What is a discipline that could especially help you straighten-up your gratitude backbone?
 - a. Listening to worship songs
 - b. Guarding the memories of my heart and replacing the choice to dwell on bad memories with the decision to focus on good ones.
 - c. Offering the sacrifice of praise
 - d. Writing your gratitude list
 - e. Intentionally thinking about how others struggle more in some way and planning a way to give to them