

“GRATEFUL” LIFE GROUP WEEK 1 REMEMBERING NOT TO FORGET

INTRODUCTION:

In this lesson we cover the story of the 10 lepers mentioned in Luke 17:11-19.

The big idea: Remembering, reflecting, and returning to express heart felt gratitude is a key to God transforming our lives on the inside and bringing victory and a change of atmosphere on the outside. As we lift up gratitude, grace fills us and generosity flows through us.

The goal of this lesson is to help people remember things God has done for them. Recalling the blessings of the past become anchors and springboards of faith for what God wants to do in our lives in the present and the future. We also emphasize the importance of daily reflection and choosing a disposition of thankfulness, regardless of what is going on around us. We want to see God remove some barriers to a life of gratitude and really encourage the group to make the commitments of the 40-day gratitude challenge.

THE 5 COMMITMENTS WE ENCOURAGE:

- **Reflect daily:** The “YouVersion” plan, “*40 Reasons for Thanksgiving*”
- **Praise and worship extravagantly:** Listen to praise music, worship loudly at home with *Heaven Come* and Sunday worship.
- **Encourage profusely:** Share praise testimonies to encourage each other in the Zoom group.
- **Serve joyfully:** Find practical ways to serve others during this time.
- **Give generously:** Our end of the year thanksgiving offering will be on December 6, in which we will be challenged to give more of our best for those who have the least.

QUESTIONS:

1. What might have been some of the excuses or reasons why the nine lepers didn’t return and give thanks to Jesus? What are ways that you have seen the enemy try to make thanksgiving and praise take a back seat in your life?
2. One of the main points of the lesson is to point out that when we generously remember God’s goodness through thanks, we receive more than a blessing; we receive transformation. The leper, who returned received blessings upon his blessings and changed from the inside out. What is an example of a blessing you’ve received, that as you gave testimony to it, resulted in seeing others blessed and increased your blessing?

3. Give an example of an amazing thing God did in your past that you can allow to be an anchor of faith during times of difficulty?

4. What is an area of your life that God might want to encourage you to increase the gratitude you have been showing?

- Marriage/Family
- God's forgiveness and salvation
- The little everyday things that speak of God's goodness
- God's promises
- The Holy Spirit's presence
- Other

5. What is an example of an especially difficult situation you are currently facing, that the Lord might want you to raise a banner of praise and thanksgiving by faith, in spite of your circumstances? How could the group pray with you about this?