



# Gratitude

A Biblical Guide to Navigating the Holidays

November 19, 2023

## SERIES OVERVIEW:

*During this three week series on gratitude, we will unpack God's Word to see how gratitude is understood from a Biblical sense. Gratitude is the choice to respond to God's goodness shown or God's goodness expected.*

## SERMON RECAP:

In week three, we looked at how we walk through hard seasons, how we lament, how we Gospel our hearts (in an action sense) back toward Jesus when we are in the midst of such overwhelming and unbearable circumstances. Our greatest need is God Himself.

## CONVERSATION QUESTIONS:

- Sometimes, the right answer given in the wrong way and at the wrong moment can do more harm than good. Have you ever been given a right answer in the wrong way? How did that feel? How can we try to give the right answer in the right way?
- Ps 42 & 43 are lament psalms. Lament is the decision to go public with the feelings of the soul before God. Lament is my voice uncensored. As we go to God in lament, He gives us Himself as an answer. Read Psalms 42 & 43 out loud. How is God revealed to us in this passage? Is it easy to rest in who He is during times of lament? Why or why not?
- Our deepest need is not for the hardship to stop. Our deepest need is for God Himself. And God is free to allow hardship in our lives as a way of calling us to Himself. What do you think about that statement?
- What suffering presently exists in your community group and in your community? How can you help each other and pray for each other through it?

- Our deepest need is not the blessings from God, but our deepest need IS God Himself. “Blessings aren’t the provisions themselves, they are the breadcrumbs leading to the true provision, God Himself.”
- How do we shift our focus from the blessing to the Author of the blessing? From the breadcrumbs to the Bread of Life? Why is this better?
- Psalm 42:11 says, “Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God.” How has God been your salvation in the past, and how will He be your salvation in the future?