



GRATITUDE

November 29, 2020 // Caleb Bonifay, CPC High School Director

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It is exceedingly difficult to “count it all joy” in the midst of a trial. But sometimes, it is even more difficult to maintain a heart of gratitude when we are suffering. In this final series message, Caleb challenges us to rejoice always, pray continually and give thanks.

READ 1 Thessalonians 5:16-18

- Is it difficult to rejoice, pray and give thanks when you are in a trial? Discuss.

REJOICE ALWAYS - READ 2 Corinthians 6:10, Romans 5:3-5 & Hebrew 10:23

Sorrow and joy are not exclusive, they are inclusive.

- How is the HOPE in the Lord different from HOPE in the world?

PRAY CONTINUALLY - READ Isaiah 41:10.

Pray continually is keeping a line of communication OPEN with God.

- Does it ever feel like God is far away? How does this passage comfort you?

GIVE THANKS IN ALL CIRCUMSTANCES - READ Psalm 23:4

Be thankful IN all circumstances, not FOR all circumstances.

- How can you be thankful IN your circumstances, rather than FOR them?

DISCUSSION QUESTIONS:

1. What are some practical ways to hold on to hope in a trial?
2. What are some things that distract you from spending time in prayer?
3. How can you rearrange the rhythms of your life when God feels far away?

COMMIT TO MEMORY—*“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”* 1 Thessalonians 5:16-18

CHALLENGE - *Instead of asking God WHY in a trial, ask WHAT.*

1. Write down what God has done for you.
2. Write down what God is doing.
3. Write down what you are hopeful God will do.