



**THANKSGIVING
OCTOBER 11 , 2020**

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Read 1 Thessalonians 5:18 & Ephesians 5:20. Describe your current level of gratitude these days. Would you describe yourself as someone who experiences thanksgiving “in all circumstances”, “always” or “for everything”?

Read Luke 17:11-19. We can all struggle with giving thanks. Distraction, forgetfulness, hurry, comparison, or expectations can all hinder our thanksgiving. In your life, what hinderances effect your experience & expression of gratitude most often?

Read Philippians 4:4-13, Psalm 103, Habakkuk 3:17-19. God’s Word shows us many examples of choosing to worship and committing to expressing praise. We DECIDE to praise God, despite what we see, feel or experience and DEDICATE ourselves to practices to deepen a spirit of thanksgiving. What are practical ways we can work with the Holy Spirit to move our mindset towards thanksgiving and fill up our perspective with gratitude? What practices will you incorporate to strengthen your inward certainty of God’s goodness?

Sharing our testimony, singing, praying and giving are all expressions of gratitude. We are invited to DEMONSTRATE thanksgiving through our lives to glorify God. In your own life, would you describe your outward expression of thanksgiving as equal to your inner experience of gratitude? In what ways could you strengthen your outward behaviours to display your gratitude to Christ?