

# THANKFUL

“THANKFUL” - WEEK 1

## SCRIPTURE: Psalms 73

### SUGGESTED ICEBREAKER:

This is a word association game. Ask the group to sit in a circle. The first person starts with any word they wish i.e. red. The next person repeats the first word and adds another word which links to the first i.e. tomato. The next person repeats the previous word and add another word link i.e. soup, and so on. To keep this moving, only allow five seconds for each word link.

SAY: Sometimes it's easy to lose focus, isn't it? Why do we let this happen and should this even happen to a Christian?

### READ THE ENTIRE PASSAGE: PSALMS 73

### DISCUSSION QUESTIONS:

1. What is your first observation about what Asaph writes here in Psalms 73? It could be that you're surprised that a leader of God's nation feels this way about God. It could be that you relate to exactly how he feels.
2. Have you ever felt like giving up on God and the whole Christianity thing? If you'd like to share about it, go ahead and share with the group your experience.
3. Read Philippians 4:10-13. What was Paul's outlook during any situation he encountered with God? How do you think he was able to have this kind of attitude?
4. Why do you think as people (even Christians) it is so easy to get down when we compare our situation to that of those who seem to "have it all together"? What do you do to help you when you start doing that in your own life?
5. Read Colossians 3:15-17. Paul gives a lot of encouragement in these verses about giving thanks to God and how to accomplish that in different ways. After reading that passage, which way caught your attention the most?
6. After reading Psalms 73, is there anything in your life that may need to change when it comes to giving thanks to God for all that He's given to you?

### PUT IT INTO PRACTICE:

This week, let's take a practical approach to applying this lesson:

- Take time to write down all of the things that you are thankful for.
- Pray that God continues to provide for your NEEDS, as opposed to your WANTS and make sure you thank Him for that as you pray this week.