

# DISCUSSION GUIDE

## November 18 & 22

1. If you did a survey on your past week, do you think you gave thanks more or complained more? What about this message spoke to you most and why?
2. The Bible says that God's will for us is to be thankful (1 Thessalonians 5:18). This shows us that God's will can also be found in the Bible. Can you think of any other things found in the Bible that are God's will for us?
3. Rick mentioned the scientific study that proved the positive affects on our physical lives from giving thanks to God. In light of this, tell the group 3 things you are thankful for and why.
4. Giving thanks should be a lifestyle and not a yearly reminder around Thanksgiving Day. What are some things you could do that helps keep returning to Jesus like that one cleansed leper to give thanks (Luke [17:11-19](#))?
5. God provided manna for the Israelites in the wilderness, but they got used to it and stopped giving thanks. Is there something in your life you've gotten used to that no longer is causing you to give thanks? Or is there something you were once thankful for, that has now become something you resent?

## NOTES: