

Abide: Thankful

Luke 17:11-19; Exodus 16:1-8; Ephesians 1:3-14



Reconnecting

- *What has been your favourite moment from this past week?*
- *What are your thoughts on the 'Abide' series so far?*

Create a Sacred Space

Lord, give us ears to hear you, give us eyes to see you, give us hearts to feel you, and give us minds to know you today. We give this time to you, do with it what only you can do, so that we may be a people of thankfulness. - Amen

Navigating Discussion

As we dive into this topic our goal remains the same: to be *a people apprenticed to the life of Jesus*. His life and teaching are our example and our source of truth, and the Scriptures are our trustworthy guide. Let's renew our commitment to foster safety and freedom as we seek to understand and apply what we study:

- Whenever possible, please listen to the sermon prior to gathering (Sunday or online).
- While we are meeting, commit to focussing rather than multitasking. Be all here.
- Accept the invitation to be a learner, open to a perspective you haven't considered before.
- Be patient and give everyone an opportunity to share, even if it takes time to form or finish a thought.
- Be respectful and non-judgmental. Diverse perspectives are part of a robust learning community.

Listening to God's Word

In this series, we are examining our relationship with God, taking seven weeks to learn about being a people apprenticed to Jesus in worship. This week we are exploring the importance of thankfulness. Life is not always convenient or easy. In fact, Christ promises us that life will be hard, yet we are also called to be thankful. Let's consider together how we may abide in Christ through thankfulness.

Small Group Discussion

Read Luke 17:11-19.

- What stands out to you upon a first reading of this passage?
- How do you think you would respond in this situation?
- As you think about your own life, what would it take for you to respond like the Samaritan in verses 15-16?
- What is the connection between thankfulness and praise?
- How often do you respond in thankfulness? And how often does that lead you to praise God?
- Whom do you relate to more: the one who returned in thankfulness to Jesus, or the nine that didn't? Why?
- Why do you think any of the nine would not have gone back to Jesus?
- In your own personal situation, what often keeps you from turning to Jesus in praise and thanksgiving?

Read Exodus 16:1-8

- What has been a desert experience for you?

- What is the thing in your life that is most likely to cause you to grumble?
- What do you think grumbling reveals about your relationship with God? (v.8)

Read Ephesians 1:3-14

- What are the blessings in this passage that you can be thankful for? (Name each of them as a group)
- Which of these is most meaningful to you today?
- What is a blessing in your life that you may be overlooking?
- What is one way you can practice shifting your perspective to thankfulness this week?

Practice: Count Your Blessings

Open by praying this: “Spirit, open our eyes and hearts to how you are working and moving in our lives. We acknowledge that there are hard things in this life, but there is also so much good. Give us your perspective to be able to see the good we are missing. Create in us hearts of thanksgiving and praise.”

Then, individually write down on a piece of paper the things you are thankful for from today, this past week, month, and year. Spend 2-3 minutes on each category.

Then afterwards, each share with the group one thing you are thankful for that you wrote down.

After this, have one person read Psalm 136:1-3. Spend time praising and thanking God as a group for all that he has done.

“Give thanks to the LORD, for he is good. *His love endures forever.* ² Give thanks to the God of gods. *His love endures forever.* ³ Give thanks to the Lord of lords: *His love endures forever.*”
– Psalm 136:1-3

Throughout the week, try to spend 10 minutes at the end of each day reading Psalm 136:1-3 and writing down what you are thankful for from that day. See how God works in your life through the intentional practice of gratitude. The next time you meet as a group, talk about how this experience was for you.

Remember, Abide nights of worship are happening 7:00 – 8:15 pm

every Wednesday during this season!

Caring for One Another

- *Do you or your family have a need that the Life Group can help meet?*

Using **the Lord's Prayer (Matthew 6:9-13)** as a guide, based on what you've shared together, spend time listening to God and praying for one another.