

**Title: Choosing Gratitude**

**Text: Philippians 1:3-6, Romans 5:3-5**

**Date: November 22, 2020**

**WARM-UP QUESTIONS:**

1. What has made this year difficult and challenging for you? What have been the external and internal factors?
2. Who do you know that seems to maintain a positive and thankful spirit? What may contribute to this disposition and outlook?
3. What are you thankful for this season? What are you choosing to be grateful for?

**REFLECTION QUESTIONS:**

1. What does being thankful mean to you? Why is it often hard to be thankful? What is the difference between being thankful and choosing thankfulness?
2. According to Philippians 1:6, how can we learn to be thankful in the midst of turmoil or trouble? What role does hope and faith in Christ play in being thankful?
3. What does it mean to truly rejoice in suffering (reflect on the Romans 5 passage)? How is it different from being stoic or even sadistic? How did Jesus rejoice in His suffering (see also Hebrews 12:1-2)? How can following the example of Jesus cultivate perseverance, character and hope?

**APPLICATION QUESTIONS:**

1. Write your own prayer of thankfulness reflecting on how you chose to be thankful this season. Share this with a friend.
2. Advent begins next Sunday. It reminds us of new beginnings - the reminder of Jesus' first coming and his soon return. How can you prepare your heart for this year's experience?