

Talk It Over

The Power of Thanksgiving Part 1 Crank the Gears of Gratitude

SMALL TALK

1. Share a specific moment from the past week when you felt genuinely grateful. What happened, and how did it make you feel?

VIEWPOINT

2. **Read Psalm 103.** What phrases or verses stand out to you regarding gratitude?
3. What self talk does David use in this Psalm to crank the gears of gratitude even when he does not feel like it?
4. How does David describe God's character in relation to gratitude? How does understanding God's character impact our ability to be thankful?
5. How can the awareness of God's forgiveness enhance our gratitude, both towards God and others?

GETTING PERSONAL

6. How can you be more intentional about expressing gratitude? How can you be more intentional about remembering all God's benefits?

MAKING PROGRESS (THIS WEEK)

Action Step Challenge. Take a few minutes each day this week to reflect on and write down one or two things you are grateful for. Take a few extra minutes preparing for your "Thanksgiving" celebration to include thanking God, and sharing your grateful thoughts with others.