



Thankfulness

1. Thankfulness is great medicine but we can forget to take it

2. Thankfulness is a cure for so many things

3. Thankfulness is a medicine that can be taken at any time

4. We have more to be thankful about than David

1. Review

On Sunday we looked how Psalm 103 provides so many ways for us to be thankful to God. We looked at how thankfulness can be a medicine taken at any time, regularly, to bring about a spiritual responsiveness.

Thankfulness is the medicine that stirs your spirit – are you taking it

2. Read

- **Psalm 103**

2.1 Thankfulness is a medicine for

- When life seems unfair
- When we feel distant from God
- When we feel a failure
- When we feel discouraged
- When we feel dry or dull
- When our circumstances overwhelm us

3. Reflect

- Why is thankfulness so important?
- Why do we forget to be thankful?
- Do you agree that thankfulness is like an antidote or medicine?
- What areas of your life do you think thankfulness can awaken a spiritual response of joy or peace?
- In what ways have you got more to be thankful for than David?

4. Respond

As a group spend some time in prayer and reflection on what you have learned and come into the presence of God. Allow the Holy Spirit to use your gifts to encourage and bless each other.

Take some time as a group to pray prayers of thankfulness perhaps using Psalm 103 as a source of thanks.

5. Reach

How would you share your thankfulness to what Jesus has done for you on the cross?