

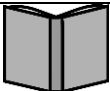










## Small Group/ Reflection Notes

|   | 01-10-2023   | Gratitude   |  |
|---|--|---|--|
| <br>Start        | <input type="checkbox"/> Looking back to last week, what are you most grateful about?<br><input type="checkbox"/> Grateful Beat. Someone in the group creates a simple & very short beat/ riff using just their hands & feet (clap, stamp, click etc) that everyone can join in with. At the end of each riff, someone speaks out something/ someone they are grateful for. Pick up the riff again, and then someone else speaks out. And repeat. How long can you keep it up for?   |   |  |
| <br>Discuss      | <input type="checkbox"/> Do you generally assume the glass is half full or half empty?<br><input type="checkbox"/> Why is gratitude sometimes a choice? And a hard one at that?<br><input type="checkbox"/> Why do those with an attitude of gratitude have better collective physical as well as mental health outcomes? Why is living gratefully good for us?<br><input type="checkbox"/> What does gratitude help us to do?   |   |  |
| <br>Read         | <a href="#"><u>1 Thessalonians 5:16-18</u></a>   | <br>Listen again | <a href="http://ChesterRoadBaptist.org.uk/Watch">ChesterRoadBaptist.org.uk/Watch</a> |
| <br>Explore     | <input type="checkbox"/> <a href="#"><u>v.16-18</u></a> : What do you find <i>easier</i> : 'rejoice always, pray continually, or to give thanks in all circumstances? Why? What do you find <i>harder</i> ? Why?<br><input type="checkbox"/> <a href="#"><u>v.18</u></a> : How do you/ we cultivate this attitude of gratitude? Why 'in <u>ALL</u> circumstances'? What about when the 'circumstance' is real bad/ evil? When have you found this most challenging? Has it ever felt impossible? Why is giving thanks God's will for you/ us?<br><input type="checkbox"/> <a href="#"><u>Psalm 100:4</u></a><br><input type="checkbox"/> <a href="#"><u>Psalm 136:1</u></a><br><input type="checkbox"/> <a href="#"><u>2 Corinthians 4:15-16</u></a><br><input type="checkbox"/> <a href="#"><u>Philippians 4:6</u></a><br><input type="checkbox"/> <a href="#"><u>Colossians 3:15</u></a> |   |  |
| <br>Go further | <input type="checkbox"/> Does being thankful have to mean God was/is directly responsible for each/ every 'circumstance'?  |   |  |
| <br>Reflect    | <input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention?<br><input type="checkbox"/> Which verse(s) will you need to think more about? Why?   |   |  |
| <br>Do         | <input type="checkbox"/> Keep a gratitude diary. Every day for a month, write or post about something or someone you are grateful for.   |   |  |
| <br>Pray       | Dear God,<br>I thank you for _____. I am grateful that YOU _____. Help me to be more _____.  |   |  |



My questions:

*If you're not yet in a small group, why not join one! Check out: [ChesterRoadBaptist.org.uk/SmallGroups](https://ChesterRoadBaptist.org.uk/SmallGroups)  
Can't see a group to suit your availability/interest? Start one! [SmallGroups@ChesterRoadBaptist.org.uk](mailto:SmallGroups@ChesterRoadBaptist.org.uk).*

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