**Stay Positive – The Habit of Gratitude**

**“The root of our fall was non-thankfulness and suspicion toward God.” Ann Voskamp**

***“As I did my research, I quickly discovered that gratitude is literally one of the few things that can measurably change peoples’ lives.” Roberrt A. Emmons PHD***

***1 Thessalonians 5:16-18 “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”***

**What keeps us from gratitude? Ingratitude**

***Genesis 3***

1. **Distrust of the gift-giver.**
2. **Too much focus on me.**
3. **The comparison trap.**

**“I cannot tell you anything that, in a few minutes will tell you how to be rich. But I can tell you how to feel rich, which is far better, let me tell you first hand than being rich. Be grateful… it’s the only totally reliable get-rich quick scheme.” Ben Stein**

**What good is gratitude?**

1. **Giving thanks inoculates us against negativity.**
2. **Giving thanks leads to greater satisfaction in life.**
3. **Giving thanks prepares us for the tough times.**
4. **Giving thanks opens us up to to God’s goodness.**

**Take Aways:**

1. **Cultivating the Habit of Gratitude.**
2. Gratitude Journal
3. Gratitude letters
4. **Utilize our thanksgiving Facebook thread.**

**Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca**

1. Share about your last couple weeks as you catch up with one another?
2. What has God been doing in your life? What has He been challenging you with? Where has He been working?
3. What was something that stood out to you in the message this week or something you learned or had a hard time with?
4. Which of the three causes of ingratitude do you find impact you the most?
5. Which of the outcomes of gratitude most excite you about what it can accomplish in your life? Why?
6. Read Luke 17:11-19 and Ephesians 5:8-20
7. What stands out to you in these passages?
8. What is the most challenging part of these passages for you?
9. Was there something that you didn’t understand or do you have any questions about these passages?
10. What do these passages reveal to us about God?
11. Paul describes living in the light in this passage. What can we learn about thankfulness as it relates to living in the light?
12. In Luke 17 why do you think only 1 leper came back to say thanks? Why do you think the others didn’t come back? What are some of the reasons we might lack gratitude in this same situation?
13. In verses 17-19 the thanks of the Samaritan is tied to his faith which is tied to his wholeness. What does this teach us about thankfulness? How do we apply these principles to our lives?
14. Have you tried any of the Take Aways from the past couple weeks? (Positivity journal, virtue chart, setting an alarm think of Jesus) If so how has it been going? If not, what has been stopping you?
15. How have you been cultivating the habit of gratitude in your life so far this week? What can you keep doing to continue to develop it?
16. Spend some time praying for one another to close your time.