

5. Practicing gratitude _____ others around us.
6. Practicing gratitude is a provocative _____ to a broken world.
7. Practicing gratitude is scientifically _____ to be good for us.

What are Ways We Can Weave the Rhythm of Gratitude into Our Lives?

- Slow down to _____.
- _____ and recall God's blessings.
- _____ stuff that is killing your gratitude.
- _____ your thanks.
- _____ your thanks.
- _____ your thanks.

NEXT STEPS:

1. *Take inventory and eliminate, for at least this week, one thing in your life that is killing your gratitude.*
2. *Each day this week, find and take an opportunity to pray, say and/or write your thanks.*

NEXT WEEK: FORMED | *The Rhythm of Generosity*

Are you a thankful person? Ask those around you! Today we continue to consider the surprising power of gratitude to form our lives, the lives of those around us and the world.

Is Gratitude Really a Rhythm of Grace?

- Gratitude is a practice _____ by God.
- Gratitude is not _____, so we have to practice.
- Gratitude is _____.

How Does Gratitude Form Us?

1. Practicing gratitude is _____ to God, which is always formative.
2. Practicing gratitude _____ our hearts before God.
3. Practicing gratitude opens our eyes to _____.
4. Practicing gratitude is an _____ to greed, entitlement, envy, discontentment, worry, and anxiety.

Growth Groups are the glue that holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the perfect time to jump in at gracecentralcoast.org/groups

CONNECT *(ask these questions to check-in with your group)*

Who do you know who is a thankful person? What does that look like? Share with your group.

DISCUSS *(use some of these questions to process God's Word together)*

1. Read Romans 1:15-25 together again. How did you "come under" God's Word and the message this week? What did you learn? What were your takeaways?
2. What are some of the opposites of gratitude? When we're not grateful, what kind of people are we?

3. What are things in our lives that can kill our gratitude without our even knowing it?

4. How does practicing gratitude open our eyes to grace?

5. Talk about the next steps. Is there something you plan to kill that is killing your gratitude? How will you endeavor to pray, say and write your thanks this week? How are you going to keep gratitude in front of you this week?

PRAY *(use these prompts to pray in response to God's Word)*

- As you share requests and pray for one another, lead with thanks. Give thanks IN all the circumstances in which you find yourselves.
- Let this week's prayer be a practice of gratitude together!