



Small Group/ Reflection Notes

	01-10-2023	Gratitude	
 Start	<input type="checkbox"/> Looking back to last week, what are you most grateful about? <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?		
 Discuss	<input type="checkbox"/> Do you generally assume the glass is half full or half empty? <input type="checkbox"/> Why is gratitude sometimes a choice? And a hard one at that? <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? <input type="checkbox"/> What does gratitude help us to do?		
 Read	1 Thessalonians 5:16-18	 Listen again	ChesterRoadBaptist.org.uk/Watch
 Explore	<input type="checkbox"/> v.16-18 : 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? <input type="checkbox"/> v.18 : 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? <input type="checkbox"/> Psalm 100:4 <input type="checkbox"/> Psalm 136:1 <input type="checkbox"/> 2 Corinthians 4:15-16 <input type="checkbox"/> Philippians 4:6 <input type="checkbox"/> Colossians 3:15		
 Go further	<input type="checkbox"/> Does being thankful have to mean God was/is directly responsible for each/ every 'circumstance'?		
 Reflect	<input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention? <input type="checkbox"/> Which verse(s) will you need to think more about? Why?		
 Do	<input type="checkbox"/> Keep a gratitude diary. Every day for a month, write or post about something or someone you are grateful for.		
 Pray	Dear God, 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
Can't see a group to suit your availability/interest? Start one! SmallGroups@ChesterRoadBaptist.org.uk.*

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