

## House On The Rock Life Group Study outline

### December: Gratitude

#### Introduction

Every culture, in some form, welcomes and celebrates the idea of gratitude as one of the most noble of human expressions. We teach our children how to be grateful, and our cultural tales are full of examples of both humans and animals who are grateful. Our message always seems to be that those who are grateful ultimately experience more things to be grateful for; while a lack of gratitude keeps good things from the ungrateful heart. For us as Christians, gratitude is at the centre of who we are. The bible tells us that it is God's will for us to be grateful in all things. But, as many people will quickly point out to you, there are many reasons to be sad, disappointed, angry even. Why should we be grateful? Why is God so interested in our gratitude?

#### Pilot text

***[1 Thess 5:18](#) In everything give thanks; for this is the will of God in Christ Jesus for you.***

***[Psa 100:4-5](#) Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name. For the Lord is good; His mercy is everlasting, And His truth endures to all generations.***

#### Week 1 – Why Gratitude?

- What does the bible say to us about gratitude?
  - [1 Thess 5:18](#), [Col 4:2](#), [Phil 4:6](#), [Eph 5:20](#)
- Why is God so interested in our gratitude?
  - [Phil 1:6](#), [Psa 16:9a](#), [Prov 15:13](#), [17:22](#), [18:14](#), [Psa 28:7](#), [Neh 8:10](#), [Isa 12:3](#)
- Take home actions
  - Take some time this week to write down (in a journal) your blessings for 2020. What are you grateful for?
  - Have you done the HOTR London gratitude challenge? Here's how:
    - **Name It!** Identify something you are grateful for everyday of December
    - **Say It!** Choose someone different everyday to tell what you are grateful for and ask them to join the challenge too.
    - **Share it!** Post what you are grateful for on your favourite social media platform with the hashtag #GratitudeChallenge

#### **Note:**

Sign up [here](#) (link also to be shared by WhatsApp) for LifeFest Dec 2020 if you haven't already done so. Let us know you'll be there so that we can ensure the day is tailored to your needs. See you there!