

House On The Rock Life Group Study outline

December: Gratitude

Introduction

Some of the most elaborate writings in the bible are those that have to do with emotions – fear, disappointment, sorrow, joy and gratitude. This is no surprise. As human beings, we are most expressive when emotions are involved. Emotions can be incredibly uplifting when channelled towards a positive end. When we look at some of the psalms, we learn something: gratitude is specific. The psalmist says “give thanks to the Lord”, but usually doesn’t stop there. It is often followed by “for He is good, and His love endures forever”! The power of gratitude is in knowing exactly what you are grateful for, why you are grateful for it, and continuing to remind yourself so you do not forget. But it’s not just about reminding ourselves, gratitude is also a powerful tool of encouragement for one another, which is why many of the psalms were written for other people to read. Today, we are going to do the same for ourselves. Think back through the year 2020 – what 3 things are you grateful for?

Pilot text

[Psa 103:1-6](#) Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle’s. The Lord executes righteousness and justice for all who are oppressed.

Week 2 – Tales of Gratitude

Share with the group at least 3 things that you are truly grateful for about 2020.

- Take home actions
 - Make sure you sign up [here](#) to join **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!
 - 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:

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