

“The Benefits of A Thankful Heart”

*Various Scriptures
New Hope Community Church
November 19th, 2017*

Discussion Questions

1. Read 1 Thessalonians 5:18. What is the greatest challenge to obeying this command?
2. It seems in Philippians 4:6 that prayer with thanksgiving is an antidote for anxiety, or stress. If this is true, we really need to take advantage of this since stress is so damaging to our health. Why might this be true? Share any examples of this in your life.
3. Ephesians 5:4 prescribes the “giving of thanks” as a substitute for conversation that can take a very unhealthy direction. How can the giving of thanks really make a difference in this way.
4. Read Colossians 3:15. How can thankfulness in a church family truly help to preserve peace between people.
5. Can you identify in your life the benefits you have experienced from seeking to be a “thankful person”? Share any specific examples that may come to mind when thankfulness helped you.

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1. Thankfulness safeguards our **thoughts**
I Th 5:16-18 - _____

2. Thankfulness safeguards our **health**
Phil 4:4-6 - _____

3. Thankfulness safeguards our **conversations**
Eph 5:1,3,4 - _____

4. Thankfulness safeguards our **relationships**
Co 3:15 - _____

5. Thankfulness safeguards us from our **enemies**
II Chr 20:5-7,20-22 - _____

6. Thankfulness safeguards our **faith**
Ps 54:6,7 - _____

7. Thankfulness safeguards the faith of future **generations**
Ps 45:17 - _____

Refleciton: Which area in my life really needs safeguarding through thankfulness?
