

Life Group Discussion Questions

Living with a Grateful and Thankful Heart

1. How does your “heart posture” show up in your everyday attitude?

Scripture: “For the word of God... judges the thoughts and attitudes of the heart.” — Hebrews 4:12

Application: Share one moment from this past week where your inward attitude clearly showed up outwardly. This could be positive or negative. What would change if you intentionally began your day by asking God to shape your heart posture?

2. What helps you “enter His gates with thanksgiving” even when life feels unfair?

Scripture: “Enter his gates with thanksgiving... give thanks to him and praise his name.” — Psalm 100:4

Application: Identify one difficult situation you’re currently facing. What would it look like to enter that situation with thanksgiving instead of frustration?

3. How does remembering what God has forgiven you of fuel gratitude in your life?

Scripture: “...forget not all his benefits, who forgives all your sins...” — Psalm 103:2–3

Application: Take one minute silently and remember a specific thing God has forgiven you for.

How does remembering His mercy change the way you talk, think, or respond to others this week?

4. Why can't unforgiveness and thankfulness coexist?

Scripture: "Forgive as the Lord forgave you... And be thankful." — Colossians 3:13–15

Application: Is there someone you're struggling to forgive? What step—small or big—could you take this week to begin releasing that person into God's hands?

5. How have you seen bitterness choke out joy and gratitude—either in your life or someone else's?

Scripture: "Be kind and compassionate... forgiving each other, just as in Christ God forgave you." — Ephesians 4:32

Application: Identify one "root" of bitterness God may be asking you to pull up. Share what might change in your emotional or spiritual life if that root was removed.

6. Jesus gave thanks even in painful moments. What does that teach us about mature gratitude?

Scripture:

- "Jesus then took the loaves, gave thanks..." — John 6:11
- "Father, I thank you that you have heard me." — John 11:41

Application: Where is God inviting you to express gratitude even though circumstances aren't ideal? What would it look like to anchor your heart to God's purpose rather than today's pain?

7. How can practicing forgiveness and gratitude daily create a “Life Worth Living”?

Scripture: “Enter his courts with praise... give thanks to him...” — Psalm 100:4

Application: This week, follow the challenge from the sermon:

- Each morning thank God for one specific thing He’s done.
- Identify one person God might be calling you to forgive.

Share what you experience as you put this into practice over the next seven days.