LIVING AN AUTHENTIC LIFE

Grateful Disciple
Psalm 103.1-5

1. What does it mean to be grateful? How would you distinguish genuine gratitude from simply saying "thank you" or feeling happy when things go your way?

2. David begins by telling his own soul to bless the Lord and not forget all His benefits (v1–2). Why do you think we need to remind ourselves to be grateful? What are some things that tend to distract us from God's goodness?

3. David goes on to describe God's benefits in v3–5. Which of these benefits stands out to you most right now, and why?

4. How can we know if our hearts are truly grateful? What evidence would someone see in the way we live, speak, and relate to others?

5. One way we remember God's goodness is by gathering together for worship and publicly expressing our praise. How does worship with other believers help cultivate gratitude? How might our expression of gratitude encourage someone else?

6. David says, "forget not all his benefits." What are some practical ways you can develop the habit of remembering and publicly acknowledging God's goodness throughout the week?

7. We said that gratitude is a deliberate response to remembering God's goodness. Jesus says the greatest commandment is to love God with all our heart, soul, and mind (Matt 22:37–38). How does gratitude lead us to love God? What does loving God look like beyond simply saying we love Him?

8. Read Romans 8:28. How does knowing that God is working for the good of those who love Him affect our ability to be grateful, even when life is difficult? What's the difference between being grateful for everything that happens and being grateful that God is at work in everything?

9. Think about your circumstances right now. Is there an area of your life where you've been more focused on what you lack, what you want, or what's going wrong than on God's goodness? What would it look like to approach that area with a grateful heart?

10. The BIG IDEA says: An authentic disciple lives with a grateful heart by remembering the goodness of God. What's one specific way you can intentionally practice gratitude this week? Who might be encouraged if you shared something about God's goodness with them?