

Lesson Aim: To become more grateful toward God and others as we grow in our understanding of what it means to have a thankful heart.



connecting

Prayer: Start your time together by asking the Holy Spirit to lead your discussion.

Icebreaker: Describe a time when you were significantly appreciated. How did it make you feel?

1. What are some reasons it is sometimes (or often) difficult to be more thankful to God? Toward others?
2. **Read Luke 17:11-19.** What was it like to be a leper in New Testament times? What would this healing mean for these ten lepers?
3. As one of the nine, how would you rationalize not going back to Jesus to say thanks?
4. What kinds of things might have been going through the Samaritan's mind as he turned back to thank Jesus and then stood before Him and actually did it?
5. In the message Sunday, Josh stated "sometimes those who have been through the most pain can be our greatest examples of thankful hearts." What are some ways you have seen/experienced this to be true?
6. **Read Philippians 4:6-7.** What are some sources of anxiety in your life right now? Along with praying for change, relief and strength to persevere. Can you think of some ways you can actually thank God for these sources of anxiety? How so and why?
7. As time permits, please share answers to the questions in the "Heart Exercises" section of the message notes. Please keep answers brief enough so everyone in the group who wishes to has an opportunity to share.



growing

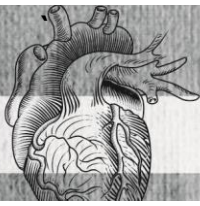


sewing



reaching

Close in prayer. This week, focus on thanking God for Who He is and what He's done in your life.



Heart

THANKFUL HEART

Josh Hawley, LifeGroup & Café Pastor
November 20, 2011

Guard your heart above all else, for it determines the course of your life. Proverbs 4:23 (NLT)

For out of the overflow of the heart, the mouth speaks. Matthew 12:34

- Heart: *includes our intellect, emotions, conscience, desires and will. The heart is the seat of our decision-making; it is the filter for every action we take.*

Example of a Thankful Heart (Luke 17:11-19)

- Sometimes those who have been through the most pain can be our greatest examples of thankful hearts.
- Cultivating a thankful heart requires effort and intentional action.
- Jesus takes a personal interest in how thankful or ungrateful we are.
- Cultivating a thankful heart opens the door for even more of what God wants for us.

Opposite of a Thankful Heart: an ungrateful heart.

Heart Exercises

- Write down your answers to the following questions, and then thank God for each one of them:
 - What are two ways God has shown you mercy?
 - Who are two people God has placed in your life that you are thankful for?
 - What are two ways God has given you material blessings?
 - Think about one or more hard times (trials) you've been through. What are some things God taught you through that time that you are thankful for?
- Spend some time meditating (thinking deeply and slowly) over the following passages of Scripture and consider memorizing one or more of them before the end of 2011: Psalm 95:1-2; 100:4-5; 107:1; Philippians 4:6-7; Colossians 2:6-7; 1 Thessalonians 5:16-18; Hebrews 12:28.