



Growth Group Questions
November 23, 2025
“The Transforming Power of Gratitude”

SCRIPTURE

Psalm 103:1-5

¹ Praise the LORD, my soul; all my inmost being, praise his holy name. ² Praise the LORD, my soul, and forget not all his benefits—³ who forgives all your sins and heals all your diseases, ⁴ who redeems your life from the pit and crowns you with love and compassion, ⁵ who satisfies your desires with good things so that your youth is renewed like the eagle’s.

Philippians 4:11-13

¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

1 Thessalonians 5:16-18

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

Colossians 3:17

¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

QUESTIONS

1. Pastor Sheri spoke of three spiritual disciplines that lead to the outward expression of gratitude. The first of these is “remembering.” How does remembering help build gratitude in your life?

2. The second spiritual discipline that leads to our expression of gratitude is “surrendering.” What does it mean to surrender to God?
3. How does surrendering help build gratitude in your life?
4. In Philippians 4:11-13, the Apostle Paul speaks about being “content in every situation.” What does that mean to you?
5. The third spiritual discipline about which Pastor Sheri spoke is “worship.” What does it mean to worship God and what are some examples of how we can worship Him in our daily lives?
6. How does worship and praising God help to build our sense of gratitude?
7. In 1 Thessalonians 5:16, the Apostle Paul says we are to “rejoice always.” How can we rejoice always even when things are not going well in our lives?
8. The Apostle Paul goes on to say in 1 Thessalonians 5:17, that we are to “pray continually.” What does that mean to you?
9. Finally, in 1 Thessalonians 5:18, we are told to “give thanks in all circumstances.” What are some things that you can thank God for regardless of your circumstances?
10. As we begin this Thanksgiving week, what are some practical things you can do cultivate an attitude of gratitude?