



Sermon  
Discussion  
Guide

Sunday, May 15, 2022

# Habits & Attitudes: Thanks for Everything

## Read/Reflect

1. Read Psalm 100. Read it once aloud. Then read it again silently. Read a third time out loud and identify what in the psalm stands out for you?
2. List the reasons given in verse 2 and verse 5 for why we're invited to come before God. What impact do those reasons have on you? How do those reasons reflect why you believe in God?

## Explore

3. If you were to characterize your life by punctuation marks, where are the exclamation marks in your life – those moments of deep gratitude?
4. What habits help you to develop gratitude to God in your life?

<input type="checkbox"/> A physical workout	<input type="checkbox"/> A meal with friends
<input type="checkbox"/> Meditating on Scripture	<input type="checkbox"/> Counting my blessings
<input type="checkbox"/> A walk in the park	<input type="checkbox"/> Other: _____
5. Is there a difference in your life between being thankful for something and being thankful to someone? Which do you tend to do more of? How does that shape the attitude(s) you hold in life?
6. What gets in the way of developing the attitude of gratitude in your life?

<input type="checkbox"/> Worry (Luke 12:22-26)	<input type="checkbox"/> Forgetfulness (Ps.103:2)
<input type="checkbox"/> Busy-ness ( Eccl. 2:22,23)	<input type="checkbox"/> Ego (Romans 12:3)
<input type="checkbox"/> Finances (I Tim.6:9,10)	<input type="checkbox"/> Other: _____

## Pray

- Take some time before you utter any words in prayer to consider “all God’s benefits” (Psalm 103:2); that is, take the time to “count your blessings.” Don’t hurry it, just let it all wash over you.
- In your own words, pray through Psalm 100 (and don’t worry about having a well-crafted prayer, just wonder around the psalm as you pray).