



SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit woodlakeumc.org/sermonessentials for weekly sermon guides, devotionals, and more or if you have questions, contact Jill Perrin at jperrin@woodlakeumc.org.

Tell Me Something Good: Gratitude | WEEK #2

01.

INTRODUCTION

Happy Father's Day! Know that if your father is no longer with you, that we have comfort and hope that we will all be together one day.

02.

DISCUSSION QUESTIONS

Read 1 Thess 5:12-18

1. We all need good news right now. Beside our usual life stressors, television daily tells us about COVID-19 and its risks, and now demonstrations about racial inequity. How can we be positive in times like this?
2. When we first meet Paul, he was a Pharisee with a purpose of extinguishing Christianity. He met Jesus while on the road to Damascus to persecute Christians there. His conversion turned him around 180 degrees to become a man on fire for Jesus. He wrote 13 of the 27 letters in the New Testament.

Read 2 Cor:11:23-26.

Name some of the challenges Paul experienced both physically and mentally. What are challenges you are facing? Any of them like Paul's?

3. **Read 1 Thess 5:16-18, Eph 5:19-20 and Col 3:15-17.**

What is the common theme of these three passages? When are we supposed to apply it?

4. If your mind drifts during a sermon, let it drift to family, friends, teachers, co-workers. What can you be grateful for in your experience with these people? Maybe a phone call, text message, a word of encouragement or praise. Give examples in your life when a positive word changed your attitude for the better. What must we avoid doing after we have rested under the wings of God?



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5. We can transform ourselves, our relationships and our walk with Jesus with gratitude. "Gratitude is the experience of life as a gift leading to freeing preoccupation." (John Ortberg)
 - a. Ourselfes. Being grateful improves our physical health. What do you do about your exercise and diet when you feel grateful? What about your psychological health? What happens to your sleep, self-esteem, energy and mental strength? Do you have examples you would like to share?
 - b. Our relationships with others. How do you get along with other imperfect people? We are all imperfect. Do you grumble and complain or do you have empathy?
 - c. Our walk with Jesus. Paul wrote a beautiful chapter on love in **1 Cor 13**. Remember the author's sufferings from scriptures above. How could he write such positive words?



NEXT STEPS

1. Start a gratitude journal. Write down at least 3 things you are grateful for. Don't just think about items; write them down. Do this for 30 days.