

Sermon Discussion Guide

Trusting God with Gratitude 1 Thessalonians 5:16–18; Psalm 100

View Sermon Here: <https://www.youtube.com/watch?v=kV4dRMEDAkM>

“Gratitude opens our spiritual eyes. We tend to see in life what our minds are focused on.”

1. In the book of Acts, the early church praised God even in struggle. Why do you think praise helped sustain them?
2. What are some specific “distractions” in your life that pull your focus away from gratitude?

“Shout for joy to the Lord, *all the earth*... Enter His gates with thanksgiving.”

1. Psalm 100 opens the invitation beyond Israel—to “all the earth.” How does gratitude serve as a witness to others?
2. The gates of God’s presence are open to everyone. How does that shape our posture toward people outside the church or those who describe themselves as “nones”?

“Thankful people don’t get celebrated in this culture. Complaining is the currency of our day.”

1. Which of these is hardest for you personally to practice—and why?
 - Rejoice always
 - Pray continually
 - Give thanks in all circumstances
2. What does it look like to be grateful without being fake or using clichés? How do we practice *honest* gratitude?

“It can’t be plastic smiles... thankfulness from Jesus leads us to face reality with hope.”

1. Paul met Jesus and it changed the trajectory of his life—but slowly. How does grace give us room to grow in gratitude over time?
2. What helps you personally move from anxiety, frustration, or disappointment toward trust in God?

Closing Questions

1. Where in your life right now is God inviting you to practice gratitude—not because the circumstance is easy, but because you trust Him in it?

2. Who this week needs to see the hope of Christ through your gratitude?