



BEATING THE BLUES

PART I

Gratitude is not an _____. It is a _____.

*1 Chronicles 16:34; Psalm 95:2; 100:4; 106:1; 107:1; 118:1, 29; 136:1;
Ephesians 5:20; Philippians 4:6; Colossians 2:6-7; 3:15-17; 4:2; 1 Thessalonians 5:18*

Why should we choose gratitude even when we don't feel grateful?

► Because _____.

1 Thessalonians 5:18; Romans 12:2; Luke 11:28

► Because _____

_____ . *Ephesians 5:18-20; Galatians 5:22-23*

► Because _____

_____ . *Philippians 4:6-7*

The key to uncommon happiness is

_____.

TRANSFORMED BY THE TRUTH

Questions for reflection and discussion

1. Where is your "happiness needle" right now (0= 😞, 10= 😊)? Why?

2. Read 1 Chronicles 16:34 and Colossians 3:15-17. Do you think it is right or wrong to express gratitude to God when you don't feel grateful? Why?

3. Read 1 Thessalonians 5:17 and Romans 12:2. What is something negative in your life that you have never thanked God for? What do you think might happen if you chose to begin thanking Him for that?

4. Read Ephesians 5:18-20 and Galatians 5:22-23. What is the relationship between gratitude and joy? Which comes first?

5. Read Philippians 4:6-7. What are you most anxious about right now? Take time to pray about that anxiety—with thanksgiving.