



## Sermon Discussion Guide

### “THE THERAPY OF GRATITUDE” (Living With Gratitude – Part 1)

November 6, 2022  
Written by Pastor

**Icebreaker:** Which holiday do you love the best? Why?

*“<sup>14</sup> And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. <sup>15</sup> See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. <sup>16</sup> Rejoices always, <sup>17</sup> pray without ceasing, <sup>18</sup> **give thanks in all circumstance**; for this is the will of God in Christ Jesus for you.”*  
(1 Thessalonians 5:14-18) [ESV]

#### **THIS IS ONLY A GUIDE.**

**OUR DESIRE IS THAT YOU WOULD USE THIS “GUIDE” TO LEAD YOU INTO DEEPER PERSONAL STUDY.**

Years ago, I was fishing a big lake in a little boat with a tiny motor. It had enough power to get me to where the fish were biting, but that was about it. And that was fine with me until the storm rolled in.

I hid in a cove for an hour or two until I decided that the wind had died down enough for me to make it back. But as soon as I left the protection of the cove, I knew I had made a mistake. I was barely making any headway, and I was taking on water.

There was nothing left to do but pray. So, I prayed like my life depended on it. Because it did.

I asked the Lord to help me and to forgive me for being such a fool. I knew better than to go out that day. I had acted as though I had nothing to lose, but with that cold water hitting me in the face, I realized how wrong I had been.

And because I thought this might be my last chance to tell Him in this life, I began to thank Him for all He'd given me. A good life, and a good wife, and wonderful children.

Then something odd happened. I felt peace. Even as I was fighting waves, and bailing water, and praying all at the same time, I felt very calm. With my life on the line, I was overcome by thankfulness for all God had done for me. And when I finally got that boat to shore and realized that I was going to be able to keep those good gifts a while longer, my thankfulness grew even more.

Thankfulness is a gift from God. It refocuses my thinking. It refreshes my heart. It reminds me of God's goodness.

So, even if you find yourself in a sinking boat today, remember this. Our Heavenly Father has filled our lives with good things. (Psalm 103:5) And through our faith in His Son Jesus, the blessings we receive will never end.

Thank Him today for all He's done. “Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (Philippians 4:7)

**Questions:**

1. When do you find it easiest to be thankful? When is it hardest?
2. Have you ever tried to make an inventory of everything you're grateful for? Could you make a list of everything?
3. Are you grateful for some things in life that seemed bad at the time? Tell us about it.
4. Do you have an attitude of gratitude most of the time? What can you do to improve?

**SIERRA VISTA COMMUNITY CHURCH FAMILY MATTERS**

**PRAY FOR OUR MISSIONARIES:**

Pastor Surya & Benita: South East Asia  
Dan & Sheryl Ingle: South East Asia  
Lucas & Christy Lopez: "Destino" Latino Ministry at Denver Universities  
Donnie & Renee Begay: "Nations" Native American Ministry at UNM

**WEEKLY CALENDAR:**

Please Refer To The Weekly Sunday Bulletin

**WEEKLY FINANCIAL REPORT: OCTOBER 30, 2022**

*"Give, and it will be given to you; a good measure—pressed down, shaken together, and running over—will be poured into your lap. For with the measure you use, it will be measured back to you."*  
(Luke 6:38)

**Give online:** [give.svccfamily.org](http://give.svccfamily.org)  
*Thank you for giving to the Lord!*

Weekly budget requirement:	\$5,319
<b>Received 10/30/2022</b>	<b>\$4,734</b>
<b>DIFFERENCE:</b>	<b>-\$585</b>
Year-to-date required:	\$95,742
Yearly-up-to-date received:	\$82,343
<b>DIFFERENCE:</b>	<b>-\$13,399</b>

**Worship Service Attendance: 70**

**STAY CONNECTED:**

**Watch Us Online:** <https://youtu.be/yL7fe7WCj9Q>

or

[svccfamily.org/youtube](http://svccfamily.org/youtube)

**email:** [office@svccfamily.org](mailto:office@svccfamily.org)

[ruben@svccfamily.org](mailto:ruben@svccfamily.org)

**Please Call (575) 526-9535 or email us at [office@svccfamily.org](mailto:office@svccfamily.org) for any prayer needs.**