



Week: 2 - Thanks

Date: Jan. 24, 2021

Scripture: Luke 17:11-19 – Ten lepers healed, and one give thanks

Big Idea: There's a lot in life to grumble about but grumbling never changes much and, additionally, has a way of dragging the grumbler down. Gratitude however is powerful. When we focus on the positive and count our blessings, we gain perspective on the things around us and peace within us. When we practice gratitude, we won't take for granted the good people and things in our lives. We won't get weighed down with the negative or overlook the positive. It all begins with "thanks."

Video: <https://youtu.be/bS5M5AskvZw>

Preparation: Mom and/or dad, take time to prepare well for this spiritual experience with your son or daughter and perhaps their friends. Proper preparation includes reading through this guide, setting up a comfortable environment, preparing the videos, materials (*everyone will need a Bible, pen and notebook/journal*) and snacks, and prayer. It also includes giving your participants time to prepare as well. Let them know in advance what you want to do and then remind them a few minutes before your start time so that they are ready too.

Interactive game / activity

- @Home: [Thanks For That](#)

Using this [Google Slides Presentation](#), students will see a series of questions asking who we should thank for various things.

Activity Debrief: (This would be a good time to pass out snacks)

What current or modern day technology are you most thankful for?

Video Teaching: 4Words - Thanks

"Today we are continuing our series 4Words. If we are going to move forwards this year, there are four-words that we need to speak regularly. These four words are please, thanks, yes, and no. Tonight we continue with "Thanks". There's definitely a lot in life to grumble about. But grumbling never changes much. A thankful and grateful heart has a lot of power. When we practice gratitude, we won't take for granted the good people and good things in our lives. We won't get weighed down with the negative or overlook the positive. It all begins with "thanks". "

Play the video [HERE](#).

Ice Breakers:

- What is the best gift you have ever gotten?
- How did you show the person who gave you the gift that you were thankful for it?

Discussion Starters:

- What things are you most thankful for in your life?
- Name 2 or 3 people that you are very thankful for and tell us why you are thankful for them.

Scripture: Read Colossians 3:12-17 as a group and consider the questions below.

¹² Put on then as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, ¹³ bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. ¹⁴ And above all these put on love, which binds everything together in perfect harmony. ¹⁵ And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. ¹⁶ Let the Word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. ¹⁷ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.

Digging Deeper:

- According to verse 17, what is one principle that ought to guide everything we do? ("...do everything in the name of the Lord, **giving thanks** to God the Father...")
- How does Paul encourage us in this passage to (as verse 17 says), "do everything in the name of the Lord Jesus, giving thanks to God the Father through Him?"
 - Paul gives us things we can do to better live out verse 17:
 - Verse 12 – Put on...compassionate hearts, kindness, humility, meekness, patience
 - Verse 13 – Bearing with one another, forgiving one another
 - Verse 14 – Put on love
 - Verse 15 – Let Christ's peace rule in our hearts
 - Verse 16 – Let Christ's Word dwell in us richly, teaching and admonishing (challenging) one another with it, singing songs of thanks to God in our hearts
- Why is it hard to always maintain a thankful spirit and attitude? How do you think your life would be different if you lived out some or all of the things Paul mentions in this passage? How can these things help you live a more naturally thankful life?

Application:

- What 1 or 2 things mentioned in Colossians 3:12-17 are the most difficult for you to do?
- What 1 or 2 things mentioned in Colossians 3:12-17 can you choose to work on this week in order to help you live a more thankful life?
- Who do you need to thank this week, and for what do you need to thank them for?

Closing activity & prayer: choose 1 of the following options to close your time together.

- SINGING: Thank You by Hillsong Worship <https://www.youtube.com/watch?v=-hBcZe9Egvg>
- JOURNALING: Take some time to write out a list of things that you are thankful for, whether it is people in your life, good things or blessings that have happened to you. Then take some time and write out things that describe *who God is* that you are thankful for (ex. He is our Father in Heaven, He is our provider, He is love, He is our Savior...)
- SCRIPTURE: Meditate on and memorize 1 Thessalonians 5:18
 - *"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*
- PRAYING: Close your group time in prayer for one another. Share prayer requests and assign partners to pray for one another throughout the week.