



## Gratitude Week 1

**Icebreaker:** Tell your group about any Veterans you have in your family.

**Read Together:** Philippians 4:4-7 (NLT)

**Discuss:**

- What was the Holy Spirit speaking to you as Tim spoke?
- How can we experience God's peace?

**Read Together:** Philippians 1:3-5 (NLT), Philippians 1:17-18 (NLT), Philippians 2:17-18 (NLT), Philippians 3:1 (NLT)

**Discuss:**

- Why did Paul rejoice?
- What tough, rough or bad things in your life are you grateful for?

**Read Together:** Philippians 3:1 (NLT), Philippians 4:4 (NLT)

**Discuss:**

- What type of circumstances are you currently experiencing?

**Read Together:** Philippians 4:6-7 (NLT), Matthew 6:25-34 (NLT), Philippians 4:11-13 (NLT)

**Discuss:**

- What do you need to ask God for?
- In what ways are you currently content?

**Take a moment to consider the names of God that meet our needs:**

- Need - Thanks That You are Jehovah Jireh - Provider
- Sickness - Thanks That You are Jehovah- Rophe - Healer
- Need Guidance - Thanks That You are Jehovah-Rohi - Shepherd
- Overwhelmed, Under Assault - Thanks That You are Jehovah-Sabaoth - Lord of Hosts

**Read Together:** Psalm 18:1-3 (NLT), Philippians 4:7 (NLT), Philippians 4:8 (NLT)

**Discuss:**

- Where are you most Vulnerable?
- What is God's invitation to you?
- Where is God bringing you peace?
- What things are you fixing your thoughts on?

**Pray:**

- Ask God to show you the path of peace.
- Ask God to meet you in the tough thing you are living through.
- Ask God for what you need.
- Ask God to reveal your needs.
- Ask God to show you the ways His name fulfills you in your need.
- Ask God what His invitation to you entails.
- Ask God for peace.
- Ask God to show you what He wants you to meditate on the most.