

Questions:

1. Did you have any special Thanksgiving traditions or memories growing up? How about now? What do you do to make Thanksgiving special?
2. Do you think most people are “glass half-full” or “glass half-empty” types of people? Explain your answer. How do you view yourself?
3. Why do you think we aren’t more thankful?
4. Read Philippians 4:4 and 5:16-18. Do you think it is possible for us to “obey” these verses? How?
5. Read Ecclesiastes 2:24-25 and Ecclesiastes 5:18-19. Why do you think we don’t find more joy in our work? What can we do to help us better celebrate life?
6. Read Philippians 4:8. How do you think our thought life relates to the joy we have in our lives? Based on these verses, what are some things we can choose to think about? Do you think these verses mean we should never think negative thoughts? Explain your answer. How can we keep negative thoughts from taking over?
7. How might you apply tonight’s lesson to your life?