



WK 1 Gratitude The Posture of Gratitude

Main Idea:

Gratitude starts with knowing who God is and flows out in how we live—through worship, service, time in His presence, and gathering with His people.

Read: Psalm 100; Hebrews 10:19–25

1. Getting Started

- What's something you are truly grateful for? Remember, thankfulness and gratefulness are similar but different.
 - Thankfulness is more about the moment- how we feel when something good happens.
 - Gratefulness goes much deeper- about the attitude of the heart, even when nothing seems to be going right.
- Why do you think gratitude can be hard to show, even when we feel it inside?

2. Know Who God Is

"Know that the Lord, He is God!" (Psalm 100:3)

- *Knowing about God* isn't the same as *knowing Him personally*. What's the difference between those two?
- What helps you move from head knowledge to heart relationship with God?
- How does truly knowing God fuel a heart of gratitude?

3. Worship as a Response

"Make a joyful noise to the Lord!" (Psalm 100:1)

- What does it look like for you personally to "make a joyful noise"?
- What gets in the way of worshiping freely?
- How might gratitude change the way you worship this week?

4. Serving Out of Gratitude

"Serve the Lord with gladness." (Psalm 100:2)

- What area of your life gives you the best opportunity to serve others?
- Do you ever find yourself serving out of obligation instead of gratitude? What helps you realign your heart?
- Who could you intentionally serve this week as an act of gratitude?

5. Spending Time in His Presence

"Come into His presence with singing." (Psalm 100:2)

- When during your week do you feel closest to God?
- What keeps you from spending more intentional time in His presence?
- What's one simple thing you can do this week to be with Him more?





CONNECT GROUP GUIDE

WK 1 Gratitude Series The Posture of Gratitude

6. Gathering Together

“Do not neglect meeting together.” (Hebrews 10:25)

- Why is gathering with God’s people important for your faith?
- How has being part of this group or church encouraged your walk with Christ?
- What’s one way we can “stir one another up to love and good works” as a group?

7. Living It Out

“Gratitude isn’t just a feeling—it’s a lifestyle.”

- What’s one area of your life where you need to trade entitlement for gratitude?
- What’s one way you can live out gratitude this week—through worship, service, time with God, or encouraging someone else?

Challenge:

During this month, make a gratitude list. Each day, write down 1 thing you are grateful for. After writing down what you are grateful for, pray and give thanks to God for providing it.

IMPORTANT ANNOUNCEMENTS:

- Heart and Soul Class
 - Session 1 Makeup: 11/09/2025 @ 3pm
 - Session 2: 11/09/2025 @ 4pm
- Fall Fest at VOT 11/08/2025 5pm-8pm

