

## *Grateful -Intentional Practice*

*Psalm 95:1-5*

*November 11, 2018*

- **Become aware of God's \_\_\_\_\_.**
- \_\_\_\_\_ **the day with gratitude.**
- **Pay attention to your \_\_\_\_\_.**
- **Choose one feature of the day and \_\_\_\_\_ from it.**
- **Look forward to \_\_\_\_\_.**

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### *Big Idea Study Guide*

- Share with the group one thing that you're grateful for today.
- Read Psalm 95:1-5 again. How can a recognition of God's presence increase our gratitude throughout the day?
- How can our emotions make us more and less grateful in our daily lives?
- What role can anticipation play in making us more grateful people?
- **Question to Go Home With:** Does my heart reflect a grateful attitude toward God?
- Thank God that he is present with us through each moment of our day. Pray that we would begin to become more and more grateful individuals. Pray that we would see him in good and bad situations. Pray that our lives of gratitude would change the culture of the world around us.