

Heart of Thanksgiving

Pastor's message: Philippians 4:4-9

Message Notes:

Wednesday

Read: Philippians 4:7 *Trust this way*

Questions for Reflection and Application

1. *Why do we need to guard our hearts and minds?*
2. *How can rejoicing, praying, and giving thanks bring peace to your life this week?*

Prayer Focus God of peace, guide us to live and make choices that keep our hearts and minds free to be in holy relationship with you and others.

Thursday

Read: Philippians 4:8 *Think this way*

Questions for Reflection and Application

1. *Choose two of Paul's recommendations and spend time in reflection and prayer about them. What is your response?*
2. *What gets in the way of thinking about things that are "worthy of praise?" How do you let go of those negative things?*

Prayer Focus You are worthy, God, of praise for all goodness in the world you created for us. We commit ourselves to focusing on these good things, knowing they are gifts from you.

Friday

Read: Philippians 4:9 *Live this way*

Questions for Reflection and Application

1. *What have you received from God that you brings you the most peace?*
2. *Where could you extend God's gift to someone else today?*

Prayer Focus We bring our grateful hearts to you, God of all, trusting to find peace and to learn how to bring about peace in our homes, our church, and our world through your gifts and your teaching.



Small Group Format

Welcome

- Introductions/getting acquainted
- Mutual Invitation question: *What one song never fails to make you smile?*

Opening Prayer

Song (optional)

Reflection on Scripture

Have someone read: **Philippians 4:4-9**

- Discuss observations about the text
 - *What word or phrase strikes you the most?*
 - *What do you think is the most important point of the text?*

Application of Scripture (The central transformative questions)

- What did you hear God say to you through this week's Scriptures?
- What are you doing about it?
- How can we support you?

Share your faith (in groups of 3)

- *How have you experienced God recently in your life?* (This is a weekly question - it may be difficult to answer at first, but if you ask it each week you may start to notice God more in your life.)

Pray for each other

Refreshments (optional)

HEART OF THANKSGIVING

November 12, 2023

Monday

Read: Philippians 4:4-5 *Feel this way*

Questions for Reflection and Application

1. *What makes you rejoice in Christ today?*
2. *Do you feel that "the Lord is near?" Why?*

Prayer Focus Even when times are difficult, we can sense your presence, God with us, and know joy in our lives. Give us the courage to be gentle as well as bold in your name.

Tuesday

Read: Philippians 4:6 *Pray this way*

Questions for Reflection and Application

1. *What worries do you most want to turn over to God?*
2. *What role do prayer and thanksgiving play in your daily life?*

Prayer Focus Listening God, we are blessed to know that you are always ready to listen—to really hear us. Thank you for the freedom to speak with you in confidence and to ask for what is on our hearts. Help us to hear your loving response.