

Grateful when we don't feel grateful: Cultivating my own gratitude

Jonty Allcock: Seminar 1

HOW TO USE THIS RESOURCE

This is the first of two seminars. You can watch the seminars on your own or with your church, small group, youth group or friends. The questions/reflections below may help you discuss and work through how to apply what you've learnt to your own life. Start the video and then pause it when suggested to look at the question(s).

WATCH THE VIDEO:

[Seminar 1:
https://tinyurl.com/5b7dxk5n](https://tinyurl.com/5b7dxk5n)

SEMINAR OUTLINE

Sometimes we don't feel very thankful. What do we do in those moments? The danger is we shrug our shoulders and get on with life. In this seminar we will explore practical ways we can pursue gratitude, particularly when we don't feel it.

QUESTIONS

Watch video and pause at 7:26 minutes

1. Why does our culture's emphasis on independence foster ingratitude?

Restart video at 7:26 minutes (<https://tinyurl.com/5ha74dpa>) and pause at 16:15 minutes.

2. Look at Luke 5:1-6, 5:27-28, and 7:11-15. What do we learn from these Bible passages about the power of Jesus' words to help us obey his commands?

3. What does Galatians 3:1-5 teach us about how we fulfil God's command to be grateful?

Restart video at 16:15 minutes (<https://tinyurl.com/37k34svu>) and pause at 32:11 minutes

4. When we don't feel like being grateful to God, what should we do?

5. What difference does it make to know that thankfulness is not what we are supposed to do to pay God back for all his goodness but it is part of God's gift to us?

6. What do Psalms 42 and 63 teach us about what defiant faith looks like and how to cultivate it?

Restart video at 32:11 (<https://tinyurl.com/2drxrut3>)

Grateful when we don't feel grateful: Cultivating my own gratitude

Jonty Allcock: Seminar 1

REFLECTION/PRAYER

- Think about your response to God's command to be grateful. Are you fuelled by guilt, trying to do better? Or are you trusting in Christ and relying on the Spirit? Are you flying on the plane or flapping your wings?
- When you pray together as a group try using a timer as a reminder to allocate the first 5 or 10 minutes of your session to thanking God.
- Memorise a Psalm and use the words to speak to God when you are out walking, in the car or waiting in a queue. Encourage one another by sharing the verses you have learnt.
- Like the author of Psalm 136, give thanks to the God of gods and Lord of lords: 'Thank you Father for your goodness, your endless love, the wonders of creation, the scope of your redemption plan, your mighty acts throughout history, your leading and guiding, and your practical care toward me. May my gratitude today be heartfelt, Holy Spirit empowered and pleasing to you. Amen.'