

Life Group Notes – 13th March 2016

Living Values – Thankfulness

Noticing the blessings

1-Exercise – Spend 5 minutes reflecting/meditating upon your day (a day) from morning to night, noticing the things to be thankful for. Background music may help. Then stop and give thanks in a time of open or silent prayer.

2-Has this time of reflection helped you to notice blessings you hadn't noticed before? If so and you feel able, share them.

3-Having heard about the boys' calendar and Carol's Blessings Jar, what method of 'noticing blessings' do you use? Could you consider using going forward?

Read Luke 17 v11-19

One of the men that had been healed from leprosy, praised God with a loud voice, threw himself at Jesus' feet and thanked him. Jesus said, "Rise and go; your faith has made you well." The man's outward expression of thankfulness revealed to Jesus that he had been made well from the inside out.

Key point: By his faith, he had received wholeness and salvation, and his outward expression of thankfulness is the visible evidence.

Play Hillsong United's "From the Inside Out" if desired/possible.

Lines from the song: 'To love you from the inside out.' 'And the cry of my heart is to bring you praise, from the inside out, Lord my soul cries out.' 'The art of losing myself in bringing you praise.'

1-Do you give thanks and praise 'from the inside out' like the healed man? Losing yourself in bringing God praise?

A) If so, how? /In what way?

B) If not, why not? What holds you back? How can your Life Group encourage you?

Read Psalm 100

1-What does living out this value of thankfulness as part of the Christ Church Family look like for you personally?

2-What does living out this value of thankfulness on your front line look like? Think attitude, words, and actions.

3-List some of the many ways that God blesses the Church, the Community, and Wider World, through our Church Family. Celebrate and give thanks now, and always on your front lines.