



ABIDING  
*Together*

SEASON 6 EP. 12 - GRATITUDE

### *Group Questions*

1. What struck you from the podcast?
2. Have you ever been through a time when practicing gratitude changed your experience or your perspective?
3. What do you think of the connection between a spirit of gratitude and overcoming an orphan spirit?
4. How can you practically cultivate gratitude in your everyday life?

### *Journal Questions*

1. Reflect and journal about this scripture: Thessalonians 5:16-19. What does it speak to you personally?
2. It takes humility to experience gratitude. Where do you struggle to be humble and to receive what is being offered to you?
3. Bitterness is often an obstacle to gratitude. Where are you holding on to bitterness?

### *Quote to Ponder*

"Jesus does not demand great action from us, but simply surrender and gratitude." - St. Thérèse of Lisieux