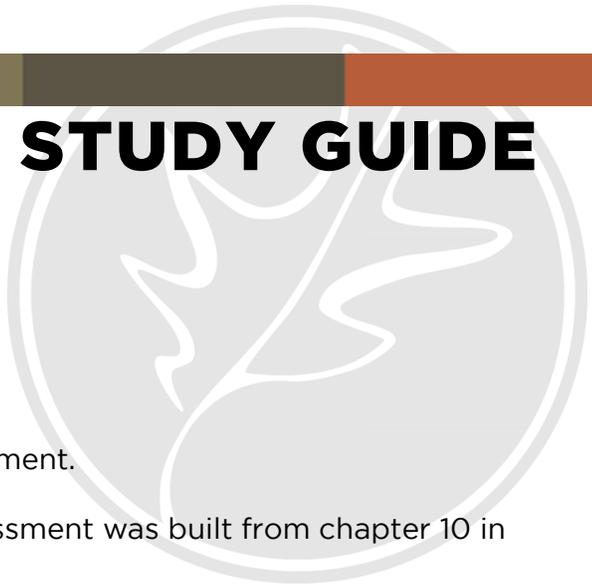


STUDY GUIDE



SOUL CARE 05.16.21

[set up]

Give your LifeGroup members the following Self-Assessment.

Assessing your level of gratitude to God. (This self-assessment was built from chapter 10 in Jerry Bridges' book *Respectable Sins*.)

Read Ephesians 5:20 and 1 Thessalonians 5:18. Note the words "all," "always," and "everything." Then, take the self-assessment. Give yourself a score on a scale of 1-10, 10 being high.

- ___ I make it a point to regularly give thanks to God for delivering me from the domain of darkness, for forgiving my sin, for saving my soul, and for transferring me to the kingdom of His Son.
- ___ Because I know that everything that I have has come from God, I often stop to give thanks to Him from the depths of my heart.
- ___ At the end of a workday in my profession, I take the time to say, "Thank You, heavenly Father for giving me the skill, ability, and health to do my work today."
- ___ I sometimes physically or mentally go through my home, look at my furnishings and various items of home decoration, and say to God, "Everything in this home as well as the food in the cupboard and the car in the driveway are gifts from You. Thank You for Your gracious and generous provision."
- ___ When I give thanks at meal time, it is more than routine and perfunctory. It is a heartfelt expression of my gratitude to God for His continual provision of all my physical needs.
- ___ I am confident that I do not take for granted all the temporal provisions and spiritual blessings that God has so richly bestowed on me; I am confident that I do not fail to continually give Him thanks.
- ___ People who know me best would say that my life is one of continually giving thanks.
- ___ I recognize that a failure to give God the thanks that is due Him is sin.
- ___ I have developed the spiritual ability of quickly giving God thanks when I experience an unusual provision from Him or a deliverance from some difficult circumstance.
- ___ When God brings me relief in a situation that tempts me toward anxiety and frustration, I make it a special point to give Him thanks.
- ___ Because I know that God intends all of my circumstances, including the difficult ones, to be instruments of my sanctification, I have developed the spiritual discipline of giving thanks when the circumstances of my life do not turn out as I had hoped.

- ___ When I give thanks to God in a disappointing or difficult situation, I do so because of my faith in the promises of God. I know that, in His love and wisdom, He chose the trying experience for me for my good.

- ___ When I recognize my ingratitude to God, I remember the gospel – that though my ingratitude is great, Christ Jesus is my Savior. In Christ, I have not only been forgiven of my ingratitude, but the righteous gratitude of Christ has been credited to my account.

- ___ Your total

Ask: 1) Where did you score highest? 2) Where did you score lowest? 3) What does this tell you about where you need to grow in your level of gratitude to God?

[digging deeper]

Read Psalm 103.

Ask, “What stands out to you in this chapter?”

Ask, “What questions does this chapter raise?”

Ask, “What does this passage tell us about God?”

Ask, “What does this passage tell us about ourselves?”

On a Giant Post-it, write the heading “The Rewards We Receive When We Remember God’s Benefits.” Brainstorm a list of 8-10 items.

Ask, “Which of these is the reward you most need right now?”

Remind the group about the list of benefits in Psalm 103. He forgives, heals, redeems, crowns, and satisfies. Ask, “Which of these do you tend to fail to thank God for the most?”

Ask, “What price do we pay if we forget God’s benefits?”

[living it out]

Refer back to the Self-Assessment you took at the beginning. What are some habits that you could develop to help you become more grateful to God?

What practical next steps will you take to become a more grateful child of God?

In order for people in the group to bless the Lord and forget none of His benefits in the days ahead, ask everyone in the group to craft an “I will...” statement. Ask each person to share that statement with the group.

Pair up for closing prayer. Ask each person to pray that God will enable their prayer partner to fulfill their “I will” statement. (Include praying for one another’s “Who’s Your One?” friend and praying that the Lord of light will send forth laborers from within CVC to help people who are not yet blessing the Lord to be forgiven, healed, redeemed, crowned, and satisfied in Jesus.