



RELATIONAL VALUES

Thankfulness

The D-Cycle is a curriculum containing content designed to establish the scriptural foundations of the faith in the life of a believer.

VISION FOR THANKFULNESS

Thankfulness recognizes the goodness and generosity of God and is our worshipful response to who He is as our creator and giver of life. Because of this, our thankfulness cannot be dependent on our own feelings or circumstances. Biblical thankfulness acknowledges not only the goodness of the gift received, but even more so the goodness of the Giver. Satisfaction and contentment come from practicing thankfulness, recognizing that God owes us nothing but still chooses to generously sustain and bless creation.

Key Definitions

- **Thankfulness:** our acknowledgement and response of gratitude to God, people, and circumstances based on God's goodness.
- **Patience:** the capacity to accept suffering, delay, or trouble without getting angry or upset

HEAD

Summary of Points

1. Model Gratitude

In high and low moments, doing everything from a heart posture of gratitude.

- a. It's God's will for us to be thankful in all circumstances (1 Thessalonians 5:18)
- b. Doing everything without complaining (Philippians 2:14)
- c. Applying yourself to tasks wholeheartedly, working for the Lord not humans (Colossians 3:23)

2. Exercise Patience

The capacity to accept suffering, delay, or trouble without getting angry or upset

- a. Patiently bear with one another (Colossians 3:12-13)
- b. We can be content with little or much because our strength comes from Jesus (Philippians 4:11-13)

3. Choose Joy in Hardship

Looking past your circumstance to the hope of Jesus to joyfully endure whatever is

- a. Jesus endured death on the cross with joy. (Hebrews 12:2)
- b. Approaching God in thankfulness spurs us on to worship Him. (Psalm 100)
- c. Thankfulness combats anxiety and brings peace. (Philippians 4:6)
- d. Often things don't go our way, yet we can still choose joy. (Psalm 16)

Lifegroup Scriptures

Parable of the Unworthy Servant

10 Lepers Healed

Luke 17:7-19

D-Group Scriptures

God's Will

1 Thessalonians 5:16-18

Praise and Thanksgiving

Psalm 100

Jesus Anointed by a Sinful Woman

Luke 7:36-50

Anxiety, Thanksgiving, and Peace

Philippians 4:4-9

Choosing Joy

Hebrews 12:1-17

Discussion Methods

Below are two suggested methods for discussing Scripture.

Traditional DBS New Testament Letters	Inductive Bible Study Gospels, Acts, Old Testament Accounts
<ul style="list-style-type: none">1. What does this say about God?2. What does this say about me/people?3. What is my obedient response?	<ul style="list-style-type: none">1. Observation – What happened?2. Interpretation – What does it mean?3. Application – How can I obey?

HEART

Questions

1. Reflect on the goodness of God and how you've seen His goodness and faithfulness in your life. Are there any areas that you feel are removed or far from God's goodness and are hard to be thankful for?
2. In what situations is it easier and harder for you to:
 - a. Model gratitude?
 - b. Exercise patience?
 - c. Choose joy in hardship?
3. How do you live a life of thanksgiving? What are some practical things you can do to develop a lifestyle of thanksgiving?

Lifegroup content ends here

HANDS

Discipleship Actions

1. Take some time to think through each subcategory of thankfulness:
 - a. Model gratitude
 - b. Exercise patience
 - c. Choose joy in hardship

Pick a practical thing you can do or change in your life this week to grow in these areas of thankfulness (from the list below or create your own). Be ready to share specifics and how they went at the next meeting!

 - a. Spend 3 minutes thanking God for what he's done before you get out of bed in the morning
 - b. Journal before bed about what was challenging in your day and ask God to help you find joy in your hardships.
 - c. Pick someone to thank regularly this week (professors, roommates, dining hall staff, bus drivers, etc.) that you don't normally notice or feel thankful for.
 - d. In moments of annoyance or impatience, ask God to help you and start thanking him for the other person or situation.
2. Are there areas of your life (past or present) that are hard for you to be thankful for?
 1. Ask the Lord where He was/ how He was good in that situation
 2. Go through the 7 R's listed on the Tending Your Heart Card