



DISCUSSION GUIDE

GROWING IN GRATITUDE - Psalm 103

GETTING STARTED

- Have you ever felt taken for granted? Have you ever forgotten to thank someone for a significant act of kindness?
- Why does being thanked feel awkward or sometimes embarrassing?

QUESTIONS FROM THE MESSAGE

- Steve mentioned that it is important to preach to ourselves. What does this mean in your own words?
- How does remembering what God has done in history—not just your own life, but in the lives of those who have walked faithfully with Him—encourage you?
- As you think about the many benefits of God listed in Psalm 103, do one or more of these benefits resonate with you more strongly?
- How easy is it for us (you) to forget God's benefits? What helps you to remember God's benefits?

EXPLORE THE PASSAGE [Psalm 103]

- Why do you think David might need to instruct his soul to praise God? (vs. 1-2)
- Why would God "satisfying our desires with good things" cause our "youth to be renewed like the eagles?" What do you think is the connection between these two things? (vs. 5)
- In vs. 8-10, David shifts his focus to who God is rather than what he does for us. Does David's description of God match your own concept of God? (vs. 8-10)
- How many benefits from God do you count in verses 1-12?
- What does the analogy in verse 12 really mean?
- Who does David call on to join his praise? Why does he do this? (vs. 20-22)

APPLY THE PASSAGE

- In what ways have you experienced the goodness of God this past year? Take time to have everyone share specific examples.
- In what circumstance is it difficult for you to give thanks right now? What's one thing you *can* give thanks for in that circumstance?
- How will you express gratitude today for the people God has placed in your life?
- How can we pray for each other?