



DISCUSSION GUIDE

OVERWHELMED BY THANKSGIVING

GETTING STARTED

1. Do you automatically start getting stressed as the holidays approach?
2. What is it about the holidays that make you feel stressed? Purchasing the food, having to prepare a feast, the large crowd that's coming, the money you're spending that you can't afford?
3. Are you trying to impress people with a fancy meal, nice gifts and awesome decorations that you really don't like?

EXPLORE THE TEXT (Philippians 4:4-9)

What did Paul encourage his readers to do? (4:4)

How did Paul tell the Philippian Christians to treat others? (4:5)

How should an awareness of Christ's imminent return affect a person's attitude? (4:5-7)

What did Paul say about anxiety? (4:6-7)

What were the Philippians to do instead of worrying? (4:6-7)

How can a believer enjoy the peace of God? (4:6-7)

What are the qualities of wholesome thoughts? (4:8)

What were the Philippians to put into practice? (4:9)

How can believers enjoy the presence of the God of peace? (4:9)

DISCUSSION QUESTIONS BASED IN THE MESSAGE

(Yes, these questions can seem silly, however, good discussion and interpretation of the Bible begins with having a proper understanding of the basic facts; who, what, when, and where in the text.) Work through this quickly, the answers are fairly obvious.

As we get ready for Thanksgiving Day, have you taken a moment to sit down and discuss or write out what you are particularly thankful for this year? If not, please consider doing so.

If Christ had to grade you on a scale of one to ten on how grateful you typically are (with ten being the highest) where would you rank?

How do you think it makes God feel, when all we really focus on are the material things that we want to have and to give, rather than just being thankful for His goodness in our lives?

Do you get in such an uproar over the world, politics and other things you can't control, that you work yourself up into a frenzy, never acknowledging that God is still in full control of the very world He created?

Worry is the antithesis of faith, and it kills our praise, not allowing a heart of Thanksgiving. Hebrews 11:6 clearly says that you cannot please God without faith. As we observe this Thanksgiving week, where are you emotionally? Are you in a state of emergency, panic, and anxiety, or are you sincerely Thankful to God for your life and His many, many blessings?

Do you find yourself murmuring more than meditating on His word???

What are some good things that you can think about and focus on and meditate on during this Thanksgiving holiday that will honor God?

Do the people around you the most hear more thanksgiving or complaining from You? Do they hear more doubt, uncertainty, and unbelief, or praises to God?

Are you willing to make a necessary shift in your life toward Thanksgiving as a way of life? If so, stop and pray about it right now. Ask the Holy Spirit to help you in this new commitment.

APPLY THE PASSAGE

What do we learn about God and about ourselves in these passages?

What do you need to stop, start or do differently as a result of reading this passage?

How can we pray for each other?