

Sermon Based Small Group Guide  
For November 28, 2021 sermon:  
**"Focus"**

**Warm up:**

1. How was your Thanksgiving? Was it different this year compared to last year? How?
2. Too much focus on the wrong things and too little focus on the right things...BOTH are problems. Do you have a personal story about something you were focused on that was hindering your life that you had to overcome? Or do you have a story about gaining focus in an important area of life and how things improved with that focus?

**Digging deeper:** (20-30 minutes)

1. There are many things in life that Scriptures tell us to regularly practice regardless of our "circumstances" and gratitude (giving thanks) is one of them.

Read 1 Thessalonians 5:16-18 and answer the following questions:

- What makes us think that giving thanks and being grateful is for those times when things are going well, but we are entitled to grumble and complain with life is tough?
- It seems like Paul is being ridiculous when he says "in all circumstances", what about health issues, relationship turmoil or financial struggles? Think about our FOCUS...what are we focused on if we are grateful? If we grumble?
- How is life different or better for the grateful?

2. One of the best known Psalms is Psalm 100...once you read it you will realize that it has been incorporated in songs you know, used to open worship services, and is frequently the scripture of choice for Thanksgiving services and pre-meal readings.

Read Psalm 100:1-5 (that's the whole chapter) and answer the following questions:

- What does this Psalm remind us about God?
- What do we learn about ourselves?
- How does God want to be approached? What gets us into His presence?

3. There is an amazing story in Luke 17:11-19 about 10 lepers who were healed by Jesus but only one came back to show gratitude and worship. Read the story and ask:

- Why do you think 9 didn't return...what might they have been thinking?
- What would your response be to such ingratitude? (If negative or punitive, aren't you glad that Jesus' was different?!)

**Apply it:** (10 minutes)

Share: How grateful of a person are you and in what areas of life do you need to work harder on this? Is your gratitude "circumstance" based or "Christ-based"?

Pray: In your prayer time this week, try to make sure that at least 2/3 of your prayers are WORSHIP and THANKSGIVING based!