



I've Been Here Before | Shawn Johnson | 9.27.20

## Weekly Study

### START

To get things started, go around the circle and answer the following question:

**What is one thing you still want to accomplish with the rest of 2020?**

### SHARE

Welcome to Week Seven of Kingdom Culture. Two thousand years ago, Jesus started the process of bringing the Kingdom of Heaven to earth. In this series, we are talking about what it means to continue the process.

The "Kingdom" is God's presence on this earth, and "Culture" is a specific way of walking and talking. When we put those two words together, we get a great reminder that our calling is to carry God's Kingdom wherever we go. Our job is to walk and talk like Jesus's followers. We are agents, called to bring slices of heaven down to earth everywhere we go!

This week, Shawn kept the conversation going by talking about the **weapon of gratitude!** But before we dive in, take some time to check in with your Group by having everyone answer these questions:

**What is one word you would pick to describe how you are currently feeling? Why did you choose that word?**

**What is the healthiest change you have made in your life this year?**

### GROW

### Read Psalm 9:1-4

What stuck out to you about this Psalm?

Would you consider yourself a thankful person? Would those around you consider you a thankful person?

A lot of scholars believe that David wrote this Psalm in remembrance of the day God empowered him to defeat Goliath. It's unclear whether he wrote it immediately after the event, or later in his life when he was thinking back on it.

But either way, it's clear this Psalm was a weapon David carried around with him everywhere he went. As Shawn reminded us this week, whenever David faced a new giant in his life, he had Psalm 9 in his back pocket to remind himself: I've been here before.

David always knew God would come through for him. He'd seen him do it before, and he knew he would do it again. That is the **power of gratitude**. The more time we spend remembering how much God has already done for us, the more confidence we will have to face all the future giants in our life!

What is one thing you have to be thankful for right now? Tell the Group about it.

What is one challenge you are currently facing? How does Psalm 9 give you the confidence you need to face this current challenge?

M O V E

### Read Acts 16:16-30

What is your initial reaction to this passage?

Acts 16 is an excellent picture of the **power of gratitude**!

Paul and Silas were in Philippi trying to plant a church when they were stripped, beaten, and thrown into the inner cell of a prison. All first-century prison cells were brutal, but the inner section was by far the worst. There was no window, so it was dark and damp every hour of

the day. Prisoners were often thrown into the inner cell to stomp out their hope for life. When it's always dark, you lose your zeal.

The goal was obviously to discourage them, but they combatted it with the **weapon of gratitude!**

Like David, Paul understood that thankfulness is a weapon. It is nearly impossible for worry and Gratitude to exist simultaneously. As Shawn reminded us over and over again this week, **GRATITUDE IS A WEAPON!**

**Have you ever used Gratitude to overcome your worry? If so, tell your Group about it.**

**Let's practice Gratitude with this week's take-home assignment.**

#### Take-Home Assignment: Write Your Own Psalm 9

**What are some things you have to be thankful for? Make a list of three times you saw God come through for you:**

- 1.
- 2.
- 3.

**How does focusing on that list empower and encourage you to face whatever giant is currently standing in your way?**

#### P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

#### T O G O

*I will extol the Lord at all times; his praise will always be on my lips.*

- Psalm 34:1

