

KINGDOM BUILDERS WEEK 1 | DOUG WEKENMAN | 11.19-19

WEEKLY STUDY

SHARE

Go around the room and share three things you're thankful for today, no matter how small or routine?

What's a specific moment from your past that you are genuinely grateful for, and how did it shape your life?

GROW

Welcome to our new series, Kingdom Builders. This is an annual series held towards the end of the year. In this first week, Doug kicked us off with an amazing message that focused on the practice of gratitude. He mentioned that gratitude can reframe how you see the world and is a secret superpower that can make it so you have what you need because you want what you have. In this message Doug encourages us to live grateful, that living a life of gratitude is actually the will of God for our lives.

Read [Philippians 4:12-13](#)

What is your initial thought or reaction after reading this?

Do you think you would respond the same way as Paul does if you were to experience both plenty and need? Why or why not?

How does your background influence your understanding and expression of gratitude?

What does it look like to you to be able to do all things through Christ?

Paul knew what science now has resounding research to back up! As Doug referenced, endless studies are discovering the physiological benefits of practicing gratitude - from balancing hormones and neurochemicals that boost our mood and make us feel safe, to the ability to rewire the neural pathways in our brains to heal from trauma and decrease anxiety. Gratitude truly is the superpower that we're all searching for.

But what Paul understood was that in practicing gratitude, it was God's power that infused his life with the ability to live free with purpose. Doug explained it like this:

1. Gratitude Unlocks the Door to God's Presence
2. Gratitude Takes What You Have and Makes It Enough
3. Gratitude Reframes How You See the World
4. Gratitude Will Get You Through Any Trouble This World Throws at You

Is Gratitude something that is easy for you or does it come as a bit of a challenge? Why?

What are some ways that you may feel hindered from feeling and living in gratitude?

M O V E

Read 1 Thessalonians 5:16-18

What does it mean to "rejoice always"? How can we maintain a spirit of joy in both good and challenging times?

How does the idea that rejoicing, praying, and giving thanks are God's will for us influence your approach to these actions?

We all could probably come up with a reason or two as to why it may be difficult for us to rejoice always, or perhaps why it's nearly impossible to continually pray, or maybe the most challenging part: giving thanks in all circumstances, no matter the situation. That is a tough request, but this passage follows up with how it is God's will for how He wants us to live.

So often, when we hear about the will of God, we think about whom I should marry and what job I should take. Should I marry her? Should I go out with him? Should I take this job or that job? God's will for our lives is so much more than those things. Does He care about those things? Absolutely, but He has so much more for you within His will when it comes to seeking His presence, rejoicing in every moment, and living a life of gratitude.

First and foremost, God desires intimacy with you! It's in your closeness with Him that you're able to rely and depend on Him to overcome your troubles with His strength and grace. Beware of the entitlement and comparison we can often feel that pushes us into a scarcity mindset. God cares about the smallest of details in your life and wants to give you good gifts. He's not holding out on you and has good plans for your life! But as Paul highlights, all of those plans originate from a baseline disposition of our heart.

How can challenges or difficult experiences in your life be a source of gratitude or growth?

In moments of difficulty, how do you find or cultivate gratitude, and how do you think that will impact the perspective you have on your life?

In what ways does expressing gratitude strengthen your relationships with others?

P R A Y

Take some time to share a few prayer requests with the Group and then spend some time praying together.