

## SERIES DISCUSSION GUIDE



**IN MY FEELS**  
**ABE MATOS**  
**SEPTEMBER 15, 2024**

If you would like to watch the message, visit [rpc.me/messages](https://rpc.me/messages).

### LEADER

This is for leaders who have groups starting this week!

- Introduce yourself.
- How long have you been attending RPC?
- Describe your family.

Have everyone introduce themselves using the same questions.

### ICEBREAKER

- What's one item in your house that you're oddly grateful for and can't live without?

### MESSAGE RECAP

This week's message wraps up our series on emotions. The message on gratitude explored the challenges we face when it comes to being truly grateful, even when life is difficult. We learned about two key types of gratitude: "For the" gratitude, where we give thanks for the blessings we have, and "Even Though" gratitude, where we choose to give thanks despite difficult circumstances. Gratitude is not always easy, but it's a practice that can change our perspective and draw us closer to God, even in the toughest times.

## MAIN POINTS

- **"For the" Gratitude:** We give thanks for the blessings God has provided, recognizing the good things He has given us in our lives.
- **"Even Though" Gratitude:** In moments of difficulty, when blessings are hard to see, we still choose to thank God, trusting in His presence and goodness, even in the valley of hardship.
- **Gratitude Requires Intentional Effort:** Unlike other emotions, gratitude doesn't always come naturally. We need to practice it, especially when life is hard, by choosing to give thanks even before we feel grateful.

## READ

Deuteronomy 8:6-18

## QUESTIONS

- What's something in your life right now that you are grateful "for"?
- How easy or difficult is it for you to practice gratitude?
- Why do you think Moses warned the Israelites about the danger of forgetting God when life is good? *(When we become comfortable and experience abundance, we can easily fall into the trap of pride and arrogance. Without intentional gratitude, people would start to believe that their efforts, rather than God's provision, were the source of their blessings.)*
- How can we avoid becoming proud and forgetting God when we experience success or blessings? *(Steward gratitude so that we don't forget all that God has provided us, humble ourselves, and be polite with God in our blessings, even giving thanks for our basic provisions.)*
- Abe mentioned feeling grateful is tough, especially in seasons of difficulty, such as the state of your marriage, lack of money in your bank account or family issues. How does expressing gratitude in seasons of difficulty impact your relationship with God and others? *(Expressing gratitude keeps you connected to God and deepens your trust in His presence and character, even when circumstances seem bleak, reminding you His goodness is not dependent on your situation. In your relationship with others, stewarding gratitude fosters hope and resilience. You can encourage others to see God's faithfulness in their struggles.)*

## READ

Psalms 23:1-4

## QUESTIONS

- What do you think it means to have "Even Though" gratitude, like David in Psalm 23? (David understood that there would come a time when being grateful for basic provisions wouldn't be enough to get him through life's difficulties and hardships. He chose to trust in God's presence and goodness, even in the darkest valleys. David demonstrated that God is always worthy of praise because He is with us, walking alongside us through every trial.)
- What does it look like to choose gratitude when life feels overwhelming? (Choosing gratitude is a deliberate act of faith, trusting that God is still with you, even when you can't see the outcomes or solution yet. It involves acknowledging God's presence and His goodness even when circumstances are difficult, such as when finances are tight, relationships are strained, or health is uncertain.)
- Have you ever thanked God during a difficult time? What impact did that have on you?

### APPLICATION QUESTION

- What's one step you can take this week to practice gratitude, either "for the" blessings or "even though" the hardships?

**CLOSE IN PRAYER:** your closing prayer could include the following:

1. *Gratitude.* Thank you, Lord, for giving us this time together to study Your Word.
2. *Acknowledgment of "a-ha" moments.* We are so grateful for the new awareness and insights you gave us today.
3. *Request for help throughout the week.* As we go back to our homes, families, and workplaces, please remind us of what we've learned today and give us the courage and strength to obey whatever You are calling us to do. Amen.

**LEADERS:** Please take attendance and follow up with anyone who did not attend this week. Every week encourage someone to share a little bit of their story. Consider sharing three things you're grateful for today, or three things you were grateful for during a difficult time. Leader – Start by sharing your story in this format. **Who would like to do this next week?**