



Thoughtful

Featuring
Ashley Engle

Session 1: Think Kingdom Thoughts

Session 2: Think Joyful Thoughts

Session 3: Think Hopeful Thoughts

➡ Session 4: Think Grateful Thoughts

To view the accompanying videos for this series,
go to <https://ariseministries.net/thoughtful.html>

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Group Discussion Guide

It's time to discover how all of the thoughts we've learned about bring us to a place of gratefulness. We'll learn how creating memorial moments in our lives will allow us to remember all God has done for us. Finally, we'll understand how to turn those memories into gratefulness as we learn to capture our thoughts.

1. Do you have a story you tell your kids over and over?
2. What possession are you most grateful for?

In Deuteronomy 4 we find Moses telling his people to remember with gratitude what God has done. Moses knew they would easily forget what God had done. He wanted them to share with their children and grandchildren to ensure the legacy of God's goodness

3. What can you do to ensure your children know and remember the good things God has done for your family?

***Have someone read Psalm 34:8 ESV.
Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!***

4. Describe what it might look like for someone to take refuge in him?

Ashley encouraged you to make a list of your memorial moments and then thank God for them. The next step in the challenge was for you to share your experience with someone else so you can testify about God's goodness. Make sure you take time today to make a list. In the meantime, let's practice together:

5. What is one memorial moment you have in your life that you are grateful for?

***Have someone read Philippians 4:8 ESV.
Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.***

6. What one word sticks out to you and why?
7. Why do you think it is difficult to live out Philippians 4:8 at all times?
8. What could you do as a single mom to teach your children about grateful thoughts?
9. What is one thing you are walking away with from this week?
10. How can we be praying for you this week?

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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