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## ***Thoughtful***

Featuring  
***Ashley Engle***

*Session 1: Think Kingdom Thoughts*

*Session 2: Think Joyful Thoughts*

*Session 3: Think Hopeful Thoughts*

**➡ *Session 4: Think Grateful Thoughts***

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To view the accompanying videos for this series,  
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What are you thinking?

# Thoughtful

Session Four  
Think Grateful Thoughts

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*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 of the things that 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?

**Read Psalm 34:8.**

**Psalm 34:8 ESV**

Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

4. What would it look like for you personally 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.

5. Write down your list of memorial moments here.
6. Who will you be sharing your experience with and why?

**Read Philippians 4:8.**

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**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.

7. What one word sticks out to you and why?
8. What makes it difficult to live out Philippians 4:8 at all times in your life?

9. What could you do as a single mom to teach your children about thinking grateful thoughts?
10. What is one thing you are walking away with from this week?

**As you reflect on today's study, take a listen to “The Blessing” by Cody Carnes and Kari Jobe.**

To share your thoughts regarding this study, contact us at [info@ariseministries.net](mailto:info@ariseministries.net).

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Ashley and her husband Jeff have three kids: two sons, ages 10 and 12, and one daughter, age 7. She is a full-time seminary student but, in the past has worked in the museum world, in television, as a teacher, and in ministry. In her spare time (should she ever have any), she enjoys reading and writing, eating good food with friends and family, studying the Enneagram, and exploring new places.