

# THANKSGIVING

A MESSAGE ON GRATITUDE

## SMALL GROUP STUDY GUIDE

November 23, 2025

“Thanksgiving: A Message on Gratitude”

### OPENING PRAYER

Heavenly Father, as we gather today, we give thanks for who you are. You are our Father in Heaven and Creator of all things. We thank you for sending your Son, Jesus, to be our Savior. By his life, death, and resurrection, we are made free from sin and death. We thank you for the new life we have in following Christ. We thank you for sending the Holy Spirit, the Great Comforter, who inspires us to greater faith, empowers our service, and pray on our behalf when words fail us. For all the blessings we have and people we hold dear, we give you thanks. For all this and more, we offer our unending gratitude. We lift all this up in the matchless name of Jesus, our Lord. Amen.

### SCRIPTURE PASSAGES

#### Psalm 50:23 (NRSVUE)

*Those who bring thanksgiving as their sacrifice honor me; to those who go the right way, I will show the salvation of God.*

#### John 6:11-14 (NRSVUE)

*<sup>11</sup> “Then Jesus took the loaves, and when he had given thanks he distributed them to those who were seated; so also the fish, as much as they wanted. <sup>12</sup> When they were satisfied, he told his disciples, “Gather up the fragments left over, so that nothing may be lost.” <sup>13</sup> So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. <sup>14</sup> When the people saw the sign that he had done, they began to say, “This is indeed the prophet who is to come into the world.”*

#### Luke 22:19-23 (NRSVUE)

*<sup>19</sup> “Then he took a loaf of bread, and when he had given thanks he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.” <sup>20</sup> And he did the same with the cup after supper, saying, “This cup that is poured out for you is the new covenant in my blood. <sup>21</sup> But see, the one who betrays me is with me, and his hand is on the table. <sup>22</sup> For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!” <sup>23</sup> Then they began to ask one another which one of them it could be who would do this.”*

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### INTRODUCTION

Gratitude and thanksgiving are more than saying “thank you.” These disciplines serve to realign our hearts and spirits to recognize God, who is the source of every blessing. Furthermore, in trying times, seasons of suffering, and dark nights of the soul, gratitude calls us to acknowledge that God is still with us and is providing strength and a way forward. Thanksgiving and worship provide us an outlet for our gratitude to the Most High. As you reflect upon these readings and the questions below may you be drawn into deep gratitude for the Mighty God we serve. Amen?

### QUESTIONS

1. The Psalmist provides an intriguing notion: that God values our thanksgiving and praise. It can be easy to think all that is needed is our presence and a monetary gift, yet we are called to something much more heartfelt. What is your go-to way to honor God? In what ways would an infusion of gratitude change this?
2. Before the loaves of bread and fish were multiplied, Jesus thanked God (John 6:11). In the same way, many of us give thanks over our meals in the form of saying grace. How does Jesus’ example show the power of gratitude? Beyond saying grace, what other forms of gratitude can you practice?
3. The night before Jesus was crucified, he celebrated the Passover meal with the twelve disciples. The atmosphere was different from any other meal Jesus and the disciples had shared; Jesus knew what was to come. What does this teach us about gratitude even in the face of hardship and suffering?

### FINAL APPLICATION

Being grateful and giving thanks are disciplines we should employ all year long and in all circumstances. We ask the Holy Spirit to aid us in being a thankful people, rooted in gratitude and overflowing in praise. Such a change in practice will change us and how we navigate all of life’s storms. In what area, in times of joy or times of hardship, do you struggle to give thanks? What people or resources can you use to assist in cultivating greater gratitude?