

Series: Bilingual  
Sermon: Language of Gratitude  
Speaker: Jay Perillo

### **Daily Readings**

Monday: Psalm 103  
Tuesday: 1 Thessalonians 5  
Wednesday: Philippians 4  
Thursday: Deuteronomy 8  
Friday: Colossians 2  
Saturday: John 6

### **Discussion Questions**

1. Share one thing from this past week that brought you joy.
2. Have someone in your group give a brief recap of Sunday's message, highlighting the primary Scripture points and the main idea of the message.
3. How did this message strengthen and/or correct your previous ideas about gratitude? Was there anything you heard for the first time or that caught your attention, challenged, or confused you? Did you learn anything new about God or yourself this week?
4. When you're discouraged, anxious, or disappointed, what usually has the loudest voice in your head? What would it look like for you to "command" your soul toward gratitude instead of waiting to feel grateful?
5. How does thinking of gratitude as training (rather than a personality trait or mood) change the way you approach it?
6. How is biblical gratitude different from cultural ideas like "being thankful to the universe" or "good vibes"? Why does it matter that our gratitude is directed toward God Himself, not just circumstances or blessings?
7. What practices have helped you remember God's faithfulness in past seasons?
8. Pastor Jay said, "Gratitude is the language of the Kingdom". What might that mean practically for how we live together as a church?
9. What action step do you need to take in response to this week's message? How can your group hold you accountable to this step?

### **Action Step**

*Choose at least one of the following action steps to complete this week:*

1. Start a running list titled "Forget not" (Psalm 103:2). Each day, write down three blessings, focusing on ordinary, overlooked gifts from God.
2. Once per day, audibly thank God for something before checking your phone. Use language like, "Praise the Lord, O my soul...and forget not all His benefits."
3. Before the next group, share one overlooked blessing with someone else (spouse, friend, child, or group member).