



Pause: Reflect | November 22, 2017

Discussion Guide

The Scoop

Thanksgiving is supposed to be a time where we give thanks. However, we usually run into Thanksgiving, gobble up as much food as we can, and then go right back to normal chaotic life. This year let's do something different: let's take time to reflect.

Key Verse

Colossians 3:16-17 (MSG)

Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way.

Discussion

Thanksgiving is a time of tradition and business, but most importantly it should be a time of giving thanks. Often our Thanksgiving concerns end up revolving around football, in-laws, our favorite side dish, or our Black Friday action plan. When these are the first things we consider when Thanksgiving comes up, we may be missing the point.

1. What is your favorite Thanksgiving dish?
2. What are some Thanksgiving traditions you and your family have?

While there is nothing inherently wrong with Thanksgiving day football games (unless you count the play of the Detroit Lions) or Black Friday, or our favorite side dishes, or most of our in-laws—when these things become our main focus we miss out on the blessing of reflecting and being thankful. Giving thanks helps keep us focused on the good in the world and serves to keep us positive and moving forward in the face of the world's adversity.

3. What gets most of your attention at Thanksgiving?
4. Is there a place where you could create more time to reflect and give thanks?

Giving thanks isn't just a central part of Thanksgiving, it is also a core tenet in living out our faith. In Colossians, God calls us to 'cultivate thankfulness' for those around us and for the blessings that come through Him. Thankfulness should be a large part of our faith lives. In this we see the positive in the world around us and are more able to clearly see the blessings that God has laid out for us.

5. What are some ways you can be more intentionally thankful in regard to your faith life?
6. Can you recall a time where reflecting on thankfulness and God gave you a different perspective in your life?

What's Next?

This week as you live out your faith, pause long enough to reflect on the blessings in your life and cultivate thankfulness letting it run throughout all aspects of your life. Consider how this could impact those around you.