



Part 1: Gratitude Starts When We Remember

July 5, 2026



CONVERSATION GUIDE



SMALL GROUPS

We're beginning ***Summer of Gratitude***, a series that invites us to discover how a grateful life transforms the way we see God, our circumstances, and the people around us. This week, we'll learn that gratitude doesn't depend on everything going well, but on intentionally remembering who God is, what He has already done for us, and the promises that continue to sustain our faith.

In ***Philippians 4:6–7***, Paul encourages believers to replace anxiety with prayer accompanied by thanksgiving. Gratitude does not ignore difficulties or deny pain, but it redirects our hearts toward God's faithfulness in every situation. When we remember His works and come to Him with confidence, we experience the peace that only Christ can give—a peace that guards our hearts and minds.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 (NLT)



LET'S TALK ABOUT IT

1. According to the passage, what connection do you see between bringing your worries to God with gratitude and experiencing His peace in the midst of your circumstances?
2. **Psalm 103:2** encourages us not to forget any of God's benefits. What blessing, answered prayer, act of care, or evidence of His faithfulness do you remember today that strengthens your confidence to keep moving forward?

3. What kind of forgetfulness or distraction tends to keep you from cultivating a grateful heart, and what decision do you need to make to remember God's works in your life more consistently?

The enemy of gratitude is not suffering, it's forgetting.



MAKE IT PRACTICAL

This week, replace complaining with gratitude and praise:

1. **Remember your salvation.** Set aside a few minutes to thank Jesus for the forgiveness and new life He has given you. How would your daily attitude change if you started each morning by remembering that truth?
2. **Remember God's mercy and his help in difficult times.** Make a list of three times God sustained you through a difficult season, and thank Him specifically for each one during your prayer time this week.
3. **Remember God's promises.** Choose one promise from Scripture that strengthens your faith and read it every day. Let that truth shape your thoughts whenever worry or discouragement begins to rise.



PRAYER

"Lord, thank You for Your faithfulness and for everything You have done for us, even in the moments when we failed to notice it. Thank You because in Jesus we have found salvation, hope, and a peace that does not depend on our circumstances. Help us remember Your mercy and Your promises each day so we can live with grateful hearts. May our words and decisions this week reflect the gratitude that comes from trusting in You. Amen."



TIPS

- A person who is grateful to God chooses to intentionally remember His faithfulness before allowing circumstances to shape their perspective.
- When you face a difficult moment this week, pause and say out loud at least one specific reason to thank God before you respond.
- Lasting gratitude is cultivated one day at a time. The more we remember God's work, the more we learn to live with confidence, peace, and hope in every season.



DEVOTIONAL: A MONTH OF GRATITUDE

bible.com/reading-plans/42072-pause-a-month-of-gratitude-in-five-minutes-a-day

