



Part 3: Gratitude Changes Perspective

July 19, 2026



CONVERSATION GUIDE



SMALL GROUPS

Over the past few weeks, we've discovered that gratitude begins when we remember God's faithfulness and reaches its full purpose when we express it. Today we take another step forward as we see that a grateful life also transforms the way we interpret what we're going through. Even when our circumstances don't change right away, God can renew the way we face them.

In **Psalm 77**, Asaph begins by pouring out his anguish and questions before God, but then he deliberately turns his attention to what the Lord has done. His situation does not change in that moment, but his perspective does. Gratitude does not deny pain or ignore difficult questions; it helps us remember God's faithful character and view the present in light of what He has already done and who He has consistently proven Himself to be.

I cry out to God; yes, I shout. Oh, that God would listen to me! When I was in deep trouble, I searched for the Lord. All night long I prayed, with hands lifted toward heaven, but my soul was not comforted. I think of God, and I moan, overwhelmed with longing for his help. But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about your mighty works.

Psalm 77:1-3, 11-12 (NLT)



LET'S TALK ABOUT IT

1. As you read this portion of ***Psalms 77***, what contrast do you notice between the way the passage begins and the way it ends? What does that teach us about how we can approach God in the middle of our struggles?

2. In **Psalm 77:7–8**, Asaph expresses doubts that many of us have probably experienced at some point. How have you seen remembering God's faithfulness in the past change the way you faced a difficult situation, even when the answer didn't come immediately?
2. What thought, worry, or way of viewing a situation needs to change today so that you can face it with a perspective shaped by gratitude?

Gratitude has the potential to change our perspective, even if the situation in front of us doesn't.

MAKE IT PRACTICAL

Let's put into practice two ways gratitude helps us change our perspective:

1. **Gratitude starts when we remember.** Set aside a few minutes to write down three specific ways God has shown His faithfulness in your life. Read that list again whenever you face worry or discouragement.
2. **Gratitude helps me see today's struggle differently.** Choose one difficulty you're currently facing and ask yourself, "How should I respond if I truly believe that God has been faithful, is faithful, and will continue to be faithful?" Then take one practical step that reflects that renewed perspective.

PRAYER

"Lord, thank You for being faithful through every season of our lives, even when we haven't always recognized it. Thank You for reminding us through Your Word that we can come to You honestly and trust Your character. Help us remember Your works and allow our perspective to be transformed by gratitude. May we walk in confidence this week, even if our circumstances have not yet changed. Amen."

TIPS

- A person who is grateful to God makes decisions by first remembering the Lord's goodness rather than being driven by fear or emotions.
- If you face an unexpected challenge this week, pause and remember one specific example of God's provision or guidance in your life before reacting.
- Over time, a life that cultivates gratitude develops a stronger perspective for facing adversity because it learns to view every challenge through the lens of God's constant faithfulness.



WOMEN'S BRUNCH:
Saturday, August 1st - Annandale, VA

bridgecitymd.churchcenter.com/registrations/events/3002942

