

Week 5: The Power of Gratitude

Scripture Reading:

"O give thanks unto the LORD; for he is good: because his mercy endureth forever." - Psalm 118:1

Opening Prayer:

Open with a prayer of gratitude, acknowledging the blessings, both big and small, that God has showered upon your family.

Devotional:

Gratitude isn't just an emotion; it's a powerful act of worship. By acknowledging God's blessings in our lives, we shift our focus from what we lack to what we have. This act of thankfulness has the power to transform our perspective, uplift our spirits, and draw us closer to God. In every season, whether of abundance or lack, there's always something to be grateful for.

Discussion:

1. Why is gratitude essential in our walk with God? (Colossians 3:15-17)
2. How does practicing gratitude impact our overall well-being and relationship with others? (Ephesians 5:20)
3. Share a personal experience where expressing gratitude changed your perspective on a situation.

Activity:

Create a "Gratitude Jar" where family members can drop in notes of things they're thankful for. At the end of each month, read them aloud together.

Closing Prayer:

End by thanking God for His continuous provision and grace, asking Him to cultivate a heart of gratitude in each family member.