

# "When Times Are Tough"

## Being Thankful in Tough Times (part 5b)

Philippians 4:4-8

November 20, 2011

### Growth Group Questions

1. Read Phil. 4:1-9
2. Are you currently practicing an "attitude of gratitude"? Give examples.
3. What is the difference between being thankful "for" everything and being thankful "in" everything?
4. Take some time in your group meeting to list the things you are thankful for. Share them with each other as part of a worship time. Direct your gratitude to God. Example: I thank God for my church. Close this group sharing with thanksgiving prayers offered by the group.
5. Would you agree that worry is "negative mediation"? Is meditation necessarily bad? Explain your answers.
6. Do you agree that there is a connection between "thanks" and "giving" in your life? In your life, how is this practiced?
7. Would you agree that "giving" to others can be a great way to overcome being "down" during the holidays? Explain your answer.
8. Here's a Christmas gift idea: Write and frame Philippians 4:8.
9. Read Proverbs 23:7b. What do you think about the most? Do you see the connection to your actions/attitudes?
10. Share about a difficult time in your life where you practiced Philippians 4:8. How did this practice bring peace into your difficult time?
11. Do you have a personal relationship with Jesus? Can you share an example from this past week of Him being "with you"?



Dr. Larry G. Shelton • • • • • Contemporary Service

*A copy of today's sermon can be purchased at the Information Center  
and is also posted on our web site, [paradisecma.org](http://paradisecma.org).*