

**BEAT**



**Grateful or Grumbling**

**1 Thess. 5:16-18**

**Upbeat or Beat up**

**Session Four – Take Home Study Guide**

Here is the Take Home Study guide that wraps up the series – Upbeat or Beat Up. Hopefully you feel like you have gotten some tools that will help you live the upbeat life you were created to live. This guide is a good follow up to what Pastor Jeff talked about on Sunday. And talk about timing! Thanksgiving happens this week and we are talking about gratitude and giving thanks. See how that works out? So consider this your Thanksgiving Study Guide

**LET'S BEGIN WITH THE PASSAGE ITSELF.**

The Apostle Paul wrote the letter to the Thessalonians to encourage and instruct the early church facing persecution and challenges. Thessalonica was a prominent city in Macedonia, and the church there was made up of both Jews and Gentiles. Paul emphasizes hope, perseverance, and the importance of living a life that reflects the grace of God. In this context, the call to rejoice, pray, and give thanks becomes a powerful reminder of maintaining a positive outlook amidst difficulties.

**Read 1 Thessalonians 5:16-18**

**1. Rejoice Always (v. 16)**

This command emphasizes the importance of joy as a constant state.

Joy is not dependent on circumstances but is rooted in our relationship with God.

It invites believers to cultivate an attitude of gratitude and positivity.

Consider how you can find joy in daily life, regardless of external situations.

**2. Pray Without Ceasing (v. 17)**

This verse encourages a continuous dialogue with God.

It suggests that prayer should be an integral part of life, not just a ritual.

It fosters a close relationship with God, allowing for constant communication.

Reflect on how you can incorporate prayer into your daily routine and maintain an ongoing conversation with God.

**3. Give Thanks in All Circumstances (v. 18)**

Giving thanks in every situation, whether good or bad, acknowledges God's sovereignty and trust in His plan.

It's a reminder that gratitude can lead to peace and contentment.

Identify areas in your life where you struggle to be thankful and explore how you can shift your perspective.

**NOW HERE ARE SEVEN DAYS OF DEVOTIONAL JOURNAL QUESTIONS  
GRAB A BIBLE, A PEN, YOUR JOURNAL, AND SET ASIDE A DAY EACH WEEK TO WORK THROUGH  
THIS STUDY GUIDE.**

**Day 1: Reflection on Joy**

What does it mean to you to “rejoice always”?  
Can you recall a time when you chose joy  
despite your circumstances?

Write about that experience.

**Day 2: Attitude of Gratitude**

List three things you are grateful for today.  
How do these aspects influence your outlook  
on life?  
Reflect on the impact of gratitude in your daily  
activities.

**Day 3: The Power of Prayer**

How often do you find yourself in prayer?  
Consider what “praying without ceasing” looks  
like in your life.  
Write about how you could increase your  
prayer life this week.

**Day 4: Gratitude in Trials**

Think about a challenging situation you are  
currently facing.  
How can you give thanks in this circumstance?  
Write down specific reasons for gratitude  
related to this trial.

**Day 5: Joy in Community**

How does being part of a faith community help  
you to rejoice and give thanks?  
Reflect on ways you can encourage others in  
your community to maintain a grateful  
attitude.

And since today is THANKSGIVING day – write  
a letter to God and tell Him why you are  
thankful this year. It will be a letter you can  
refer back to on those days when things are a  
little tougher than usual and you need an  
infusion of gratefulness!

**Day 6: Overcoming Complaints**

Identify a habit of grumbling in your life.  
What triggers this behavior, and how can you  
actively replace it with gratitude?  
Write a plan for how you will address this  
habit.

**Day 7: Incorporating Gratitude**

As you look back over the week, what insights  
have you gained about gratitude and  
grumbling?  
How will you commit to incorporating  
gratitude into your life moving forward?  
By focusing on gratitude and joy, believers can  
cultivate a more positive and fulfilling spiritual  
life.

**Share with someone how thankful you are for them as we move into the Christmas season  
And know this, here at The Church @ 434 we are thankful for you, the goodness of God, and  
the good gift we have in one another – we are family. Welcome Home!**