REFLECTION GUIDE

11.26.23

INTRO

Keeping a big perspective can be hard!

Many little things enter our minds
during our daily activities, and if we
aren't careful, we can become fixated
on things that distract us from living a
life of gratitude and joy.

THOUGHTS	

PRAYER

Faithful God, thank you for your countless blessings. When I look at the beauty all around me, I am reminded of how grand and majestic you are. I need that perspective every day! Help me to let go of small distractions so that my hands are free to hold on to what really matters. I am so grateful for the love of Jesus in my life. Amen.

DIGGING DEEPER

- What are your top three pet peeves?
- What are the three things you are the most grateful for?
- Which of those questions was the easiest to answer? Why?
- When it comes to living a life of joy and gratitude, our perspective makes all the difference. 1 Thessalonians 5:16-18 reminds us, "Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." [NLT]
 - What stands out to you in these verses?
 - Would you say this way of being describes you? Why or why not?
 - Based on this passage, what are some practical ways to keep feelings of aggravation from spoiling your joy?
- The things that truly matter in life are the biggies--following God, being kind to others, enjoying the relationships in your life, etc. How often do you find yourself focused on small problems rather than the big things?
- Will I still care about ______ five years from now? Using this standard, write down the situations or problems that you spend measurable time worrying about that don't elicit a yes to this question. Spend some extra time in prayer, asking God to adjust your perspective about these things.

