

JONAH

The Depths of Grace

CROSSWINDS

HOW TO BE A THANKFUL CHRISTIAN

OCTOBER 26

JONAH 2:1-10

MAIN IDEA

A thankful heart is an outpouring of all God has done.

DISCUSSION QUESTIONS

Thanksgiving is still a month away, but what is your favorite Thanksgiving memory?

What is something you are thankful for that you could not have said you were thankful for last year?

What does thankfulness reveal about our hearts? Conversely, what happens to you over time when you are not continually grateful?

> READ JONAH 2:1-10.

Where was Jonah when God rescued Him? How did God rescue Jonah?

Read Romans 5:6-8. Where were you when God rescued you? How did God rescue you? How have you responded to Him in thankfulness?

> READ PSALM 136:1-26.

What three things do we see about God in the first 3 verses? What does it mean for God to be "God of gods"?

The psalmist repeats “His love endures forever” in every verse. Why did the psalmist emphasize this?

Looking at verses 1-9, what do these verses describe that we should be thankful for? Which of these things stands out to you the most and why?

What specific events from Israel’s history are outlined in verses 10-22? How might remembering these events have helped Israel to be thankful?

Why is it important to remember God’s faithfulness in the past? What events in your own past can you call to mind in order to remember God’s faithfulness?

In the closing of the psalm, verses 23-26, for what are the people giving thanks? In what ways had God remembered Israel in her low estate?

APPLICATION QUESTIONS

How might taking stock of what God has done for me help me to be more thankful? How can I be more mindful this week of what God has done for me?

On Sunday I learned that “It’s easy to be grateful but it is hard to be thankful. Gratefulness is something that you feel but thankfulness is something you do.” How might growing in thankfulness to God move me to action? What action might I take this week?

How might actively cultivating a thankful heart for God’s grace help me show His grace to others? What are some practical ways I could demonstrate the grace of God to those outside of our group this week?