



Session One Coming Home for Thanksgiving

Connect Together (10 minutes)

1. What is your fondest Thanksgiving memory?
2. How have you seen stress levels in people increase during the Holiday season? What do you think causes it?

Grow Together (15 Minutes)

Watch the DVD lesson and follow along in your outline below.

COME HOME FOR THANKSGIVING

"May you always be joyful in your life in the Lord." Philippians 4:4 4 (GN)

1. STEP ONE: _____ ABOUT NOTHING!

"Do not be anxious about anything..." vs. 6a
"Do not fret or have any anxiety..." (Amp)

The facts about worry:

- _____ % never happen
- _____ % concern the past
- _____ % needless health concerns
- _____ % insignificant/petty issues
- _____ % are legitimate concerns

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own." Matt. 6:34

2. STEP TWO: _____ ABOUT EVERYTHING.

"... but in everything, by prayer and petition with thanksgiving, present your requests to God." Vs. 4:6b

"When you pray, tell God every detail of your needs."

3. STEP THREE: _____ IN ALL THINGS.

“... *in everything (pray) ... with thanksgiving...*” vs. 6b

“*always asking Him with a thankful heart.*” (GN)

“*Give thanks in all circumstances for this is God’s will for you in Christ Jesus.*”
1 Thess. 5:18

4. STEP FOUR: _____ THE RIGHT THINGS.

“*Finally, brothers, whatever is true ... noble... right... pure... lovely... admirable.... If anything is excellent or praiseworthy -- think about such things.*” v. 8

“...*fill your mind with those things...*” (JB)

The root cause of stress: _____

“*As a man thinks in his heart, so is he.*” Pr. 23:7 (KJV)

“*If you do this, you will experience, God’s Peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus.” Vs. 7 (LB)*

Discussion Questions (20 Minutes)

Read Philippians 4:

1. Philippians 4:6 says “Don’t be anxious about anything.” In the notes there a list of facts about worry. When you worry which type do you focus on? Why do you think worry is typically our first response to life events?
2. In order for prayer to help reduce worry in your life what must you believe about God?
3. One key to reducing worry is to thank God in all things. Write down the top five things you are grateful for right now? When you look at this list how does it make you feel?
4. Another key to reducing worry is to think about the right things. You have a choice to make about what you think. You have the power to choose to think about the right things – things that are “true, noble, right, pure, lovely, admirable. . . excellent or praiseworthy.” Take a moment and think about how you can change worry into right thoughts next time?

5. Is there something that has got you worried about this holiday season, your health, a relationship, your family, kids, finances? What is one thing you can do this week (or even today) to turn to Jesus and bring these thoughts to him as the century guard of your mind?

Serve Together (10 Minutes)

Discuss some ideas of how you as a group can serve together this holiday season. You may have already discussed these during the 40 Days series, but here are some suggestions:

- Pick up an angel from the Giving Tree Project
- Help decorate the Church
- Adopt a child from a homeless shelter for the season
- Help with childcare during one of the Christmas Concerts

Reach Out Together (10 Minutes)

Choose to attend one of the Christmas Concerts and one of the Christmas Eve Service together-- and invite your family and friends to come with you!

Worship Together (15 Minutes)

Take a few moments and share what God has done for you recently. In simple one sentence prayers thank Him for what He has done and any prayer request your group has.