

A Feast of Gratitude | Week #03

Mindfulness and Mantras | November 28th

Anchor Verse: In all circumstances give thanks, for this is the will of God for you in Christ Jesus. 1 Thessalonians 5:18

What's the Issue Anyway?

Some of us find _____ exhilarating while others find it debilitating.

Intolerance of uncertainty creates _____ fear.

Anticipatory fear replaces our _____ of mind with _____.

The Mantra and Mindfulness of Psalm 23?

If God is my Shepherd, _____ is not? (1)

Only God creates the conditions where everyone has _____. (1)

The Shepherd's path is safe and consistent with his _____. (2-3)

The shift signifies the _____ of the fear over our future uncertainty. (4)

The Mantra: God, thank you for being _____ me and _____
me. (4)

The Host invites _____ enemies to dinner. (5)

The Mindfulness: Goodness and Mercy _____ pursue all of us when I
choose to live under God's roof. (6)

Don't Miss This

Gratitude for the future means adopting a mantra of God's _____ and
the mindfulness of God's _____.

What about my everyday, peacemaking life?

Memorize Psalm 23 and trust in the _____ of its power.

If future fears are impacting your present joy, talk to a _____.

How can this make me a better human and our world a better place?

Gratitude for God's presence in the future orients our minds toward _____.

What is God inviting you into today?

1. Memorize Psalm 23.
2. Consider whether it is time to talk with a therapist about past trauma that is creating debilitating fear of the future.
3. Start every day this week with this simple prayer, “God, thank you for being with me and comforting me in the challenges ahead.”

Thought Provoking Questions for Groups or Personal Reflection

1. When you think about the future, what emotions begin to flood your heart? Think about a spectrum of Uncertainty where 1 represents a complete intolerance for uncertainty and 10 represents a complete love for uncertainty. Where are you on the scale? Why did you give yourself that number?
2. What images in the 23rd Psalm resonate with you? Read through the passage 3 or 4 times slowly. What words or phrases get stuck in your heart as you read it.
3. How could memorizing the 23rd Psalm help you experience peace regarding your future?
4. Why is hope such a powerful experience in our lives? How can our gratitude for God’s presence in our future affect our ability to bring hope into our world today?

HOPE
HERE