

Study Guide: 11-16–25 GrateFull - Rewiring

Overview

Based on Colossians 3:15-17, this message explores how gratitude—rooted in God’s past faithfulness—can remain constant regardless of current circumstances. Upbringing, culture, and negative emotions shape our gratitude levels, but focusing on what God *has done* (not what is happening) builds trust, realigns focus, and literally rewires the brain for resilience and peace. Three key roles of gratitude are presented with biblical and scientific support, ending with a practical morning gratitude challenge.

Reflection Questions

1. On a 1–10 scale, how grateful are you in everyday life? What should that number be, and why?
2. How have your family of origin, culture, or past experiences influenced your ability to express gratitude?
3. When life feels chaotic, what past example of God’s faithfulness can you recall to build confidence today?
4. What current struggle feels designed to “get your eyes off Jesus”? How can gratitude refocus you?
5. In what ways have you noticed negative thinking patterns affecting your mood, relationships, or faith?

Main Points

1. **Gratitude navigates you through what is happening**
 - Focuses on God’s past actions, revealing His unchanging character (Joseph: Gen 50:20; Red Sea vs. Amalekites: Ex 14:14).
 - Builds confidence for present struggles, even if God’s methods differ from before.
2. **Gratitude keeps your eye on the ball**
 - Counters distractions (like Satan’s tactics in Eden, Solomon, Judas).
 - Psalm 77 contrasts despair (vv.1–10) with deliberate remembrance and praise (vv.11–15).
 - Refuses to let the problem feel bigger than the Problem-Solver.
3. **Gratitude rewires you**
 - Neuroplasticity (Hebb: “neurons that fire together wire together”) + biblical truth (Rom 12:2; Phil 4:8; Ps 1:2–3).
 - Positive focus releases dopamine/serotonin; negativity elevates cortisol and shrinks resilience.
 - God-centered thinking transforms identity and brings peace.

Application

- **Daily Challenge:** Every morning, name *3 specific things* you’re grateful for out loud to God.
- Choose gratitude over griping in one current disappointment (e.g., health, finances, relationships).
- Journal one past example of God’s faithfulness and one way it applies to a present struggle.
- Memorize Philippians 4:8 and use it to reframe a recurring negative thought this week.

Group Discussion Prompts

1. Share your 1–10 gratitude rating and one factor (upbringing, emotion, circumstance) that influences it.
2. Which biblical story of God’s past faithfulness most encourages you right now? Why?
3. Read Psalm 77:1–15 together. How does Asaph’s shift mirror struggles we face?
4. Discuss the science + Scripture connection: Where have you seen repeated thoughts “rewire” your attitude?
5. Pair up: Each person shares one current “problem.” The partner responds with a gratitude-based reframe.
6. Close by praying the morning gratitude challenge over each other.