



The Art of Gratitude / Week 1

Text: 1 Samuel 1

1. Take just a minute as a group and let each person define gratitude. What does it mean to live a grateful life?
2. Why is it important to leverage gratitude in our lives?
3. Take just a few minutes and read the whole first chapter of 1 Samuel together. Let each person share what element of the account stands out to them.
4. When we meet Hannah she is in a difficult place. She wants a child but she has not been able to have one. Have you ever been stuck in a place like that? How do we all normally respond when we want something desperately but never see how we will ever have it?
5. Looking at the example of Peninah, she had children but rather than being grateful she was jealous of Hannah. How does comparison rob us from a grateful life?
6. What do you think the connection is between contentment and gratitude?
7. Gratitude is developed when we treat everything as a gift from God and we hold everything with open hands. How does being open handed with God help us to develop gratitude?