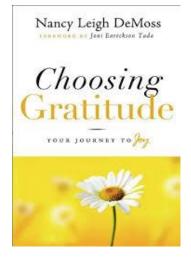
## Happy~Healthy~Blessed

## *www.Happyhealthyblessed.com* **"Above Jewels" Question Outline**

"Choosing Gratitude" Chapters 7-9 + A personal PS



1.) Why is the key to true gratitude understanding and knowing God's grace? (Pages 111-112)

2.) What are some of the every day things and items we experience that we can give daily praise to God about? (Pages 113-114)

3.) Name some of God's spiritual blessings & gifts He has given us? (Pages 114-119)

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4.) How can we be thankful for what seems like meaningless, mundane, and wearisome work? (Page 118)

5.) Have you ever made detailed inventory of the people who have touched your life? Have you taken the time to thank them? (Pages 119-122)

6.) Can we really be thankful at all times, even when our eyes are filled with tears?

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7.) What hard time in your life has proven over time to be a rich blessing? Did your attitude while going through the situation affect any of the out come? (Pages 125-140)

8.) Do you thank God for your thorns or just your roses? (Pages 128-130)

9.) Have you ever experienced a time in your life where your circumstances didn't change but God changed you in the midst of them? (Pages 135-136)

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*www.Happyhealthyblessed.com* 10.) How can true healing and restoration begin? (Page 136)

11.) Anything that makes us need God is a blessing. Do we really live like we believe this? Do we only give God glory for the parts in our life going right? (Pages 138-139)

12.)What do we sacrifice if we go on without gratitude? What do we sacrifice by choosing gratitude? (Pages 139-140)



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13.) How can we be changed into a person who's known and marked by gratitude? (Pages 144-146)

14.)What spoke and stood out to you as you read the challenging pledge on page 146 written by Russell Kelfer?

15.)Think of a time where someone expressed thanks to you and it spoke deeply into your heart? How did it leave an impact on your life? (Pages 152-154)

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16.) How does gratitude bring unity to the body of Christ helping us all live to the heartbeat of God? (Page 155)

17.)Do you feel like living a life of gratitude becomes easier as we age? Why is it even more important to be intentional about cultivating an attitude of gratitude? (Page 155)

 How does your whole worldview look different when you see it through gratitude-colored glasses? (Pages 156-157)

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19.)How can you relate to Nancy as she felt the struggle of choosing gratitude and joy in her own life? How did she respond to these very real feelings she was having? (Pages 159-163)

A note to close: You are invited and encouraged to go over the Growing in Gratitude 30 Day Devotional (Pages 165-221). Please share how the Lord is speaking to you as you go through this devotional guide.

"Every time I hear the word grace I am reminded that I must live a life, every day, which reflects my gratitude to God" – Charles W. Colson

