

Main Points

It's human nature to focus on what we can't do and what we don't have.

It is impossible to be content when we are constantly reminded of what we don't have and can't do.

Gratitude creates contentment.

GOD is FOR you.

If someone will die for you they are for you.

- 1. Write down what you are lamenting.
- 2. For each lament, write three things for which you are thankful.

No matter what we lose, gratitude creates a contentment that can't be taken away.

Let all that I am praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's!

Psalm 103:1-5 (NLT)

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Discussion Questions

- 1. How do you usually deal with loss and not being able to do the things you want to do? Has that changed over the past few months?
- 2. Read all of Psalm 103. David lists many ways in which God is FOR us. What stands out to you? Are there any that seem difficult to believe or trust for you right now?
- 3. What have you lost? Share this with your group. What are you thankful for? Share this, too. Spend some time in prayer sharing these losses & thanksgivings.

"Show Notes" Resources with Links:

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Join a Connect Group
Read Transcript || Ask a Question

#forSalem November Challenge:

United Way Pajama Drive

Social Media Giveaways

French Press Coffee & Crepes (coming up!)
This week's winner-

Geppetto's Italian Food

Recommended Reading:

• Psalm 103

Tired of screen? See the podcast links: Listen on your favorite player

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