



Young  
Adults

Y<sup>2</sup>AM  
Ministry Plan  
2019-20

Finding Christ  
Through Gratitude (January 2020)



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# LEARNING SESSION

## JANUARY 2020

### **Finding Christ through Gratitude**

#### **GOAL:**

To learn about gratitude

#### **OBJECTIVE:**

To identify one way you can practice gratitude in  
your daily life

#### **ESTIMATED DURATION:**

45 minutes

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OCF RESOURCES 2019-20

**SUPPLIES NEEDED:**

1. projector and laptop
2. blank paper for each participant
3. pen for each participant

**Saint Story Source:** [https://  
www.biblestudytools.com/bible-stories/bible-  
story-of-job.html](https://www.biblestudytools.com/bible-stories/bible-story-of-job.html)

**Article Source :** [http://schwebster.org/  
sermons/2015-sermons/giving-thanks-in-all-  
circumstances](http://schwebster.org/sermons/2015-sermons/giving-thanks-in-all-circumstances)

## OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, allow us “to offer ourselves as a living sacrifice,” one that is, “holy and acceptable to God for this is Your true and proper worship.” Allow us “not conform to the pattern of this world, but be transformed by the renewal of our minds.” So that we may be able to “test and prove what is God’s will, His good, pleasing and perfect will.”*

*Amen.*

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## ICEBREAKER:

*10 minutes*

Tell us your name, and a pet peeve.

### **Remember:**

*It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.*

## ACTIVITY 1: SAINT STORY

*10 minutes*

Read the following story before discussion, and talk to your group about some of the highlights of the life of Saint Job:

<https://www.biblestudytools.com/bible-stories/bible-story-of-job.html>

Ask the following questions, facilitating a discussion:

- How can we find moments of gratitude incorporated into the tough moments of Job's life?
- What lessons on gratitude can we take away from the story of Job and how can we apply them to our lives?
- When is it difficult to express gratitude?
- Can we be grateful without knowing what we should be grateful for?

## ACTIVITY 2: ARTICLE

*10 minutes*

Read the following article:

<http://schwebster.org/sermons/2015-sermons/giving-thanks-in-all-circumstances>

Ask participants the following question and facilitate a discussion:

- What does it mean to say that God has you where He wants you to be?
- Can you think of a time that you or someone you know struggled and what lesson(s) did you teach you?
- Does gratitude have to be rewarded?
- How did the woman's "attitude of gratitude" change her perspective?
- What can you do to practice gratitude in your everyday life?

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## ACTIVITY 3: SCRIPTURE

*10 minutes*

Have participants read the following verses:

### **Doxology:**

Glory to God, Who has shown us the Light!

Glory to God in the highest, and on earth, peace, good will toward men!

We praise You! We bless You! We worship You!

We glorify You and give thanks to You for Your great glory!

O Lord God, Heavenly King, God the Father Almighty!

O Lord, the Only-Begotten Son, Jesus Christ, and the Holy Spirit!

O Lord God, Lamb of God, Son of the Father, Who take away the sins of the world, have mercy on us!

You, Who take away the sins of the world, receive our prayer!

You, Who sit on the right hand of God the Father, have mercy on us!

For You alone are holy, and You alone are Lord. You alone, O Lord Jesus Christ, are most high in the glory of God the Father!

Amen!

I will give thanks to You every day and praise Your Name forever and ever.

Lord, You have been our refuge from generation to generation!

I said, "Lord, have mercy on me. Heal my Soul, for I have sinned against You!"

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Lord, I flee to You. Teach me to do Your will, for You are my God. For with You is the fountain of Life, and In Your light shall we see light. Continue Your lovingkindness to those who know You.

Vouchsafe, O Lord, to keep us this day without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your Name for ever. Amen.

Let Your mercy be upon us, O Lord, even as we have set our hope on You.

Blessed are You, O Lord; teach me Your statutes.

Blessed are You, O Master; make me to understand Your commandments.

Blessed are You, O Holy One; enlighten me with Your precepts. Your mercy endures forever, O Lord! Do not despise the works of Your hands!

To You belongs worship, to You belongs praise, to You belongs glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Ask the following questions and **facilitate a discussion:**

- What is the importance of this prayer?
- What is the connection between giving glory to God and gratitude?
- How can we be grateful in the way that we glorify God?

## Conclusion: wrap-up & commitment

*5 minutes*

Go around the circle and ask the group to name one way to incorporate gratitude into the life of a college student.

## CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord our God, we are thankful for Your will, and we ask You to teach us to follow Your will above our own. We are grateful for our relationships, for our safety and health, so we give you glory in the highest. We thank You for the blessings seen and unseen You have given us, and glorify your infinite mercy. We pray for eyes of gratitude, and to be the bee who spreads love. Guide our attitudes and align them towards the Kingdom. Through the intercessions of the Theotokos and all your saints have mercy on us.*

*Amen.*