

NAME: _____ DATE: _____

Open Share Small Group Discussion Worksheet

Gratitude

...thankfulness for help

Step 11: We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

"Let the word of Christ dwell in you richly." Colossians 3:16

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Note to the Newcomer: Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

1. Make a commitment to attend the large group and small group time regularly
2. Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team.
3. Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible.
4. Set a personal goal to become involved in a step study group.

One of the ways to prevent falling back into our old patterns is to maintain an "attitude of gratitude". Let us focus on our gratitude toward GOD, OTHERS He has placed in our life, our RECOVERY, and our CHURCH. (*more on this topic can be found in Lesson #22 of CR Participant Guide #4*)

Be thankful to God

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

Be thankful for others

"Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the word of Christ - the Message - have the run of the house." Colossians 3:15-16

Be thankful for my recovery

"As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and the sin which holds on to us so tightly, and let us run with determination the race that lies before us." Hebrews 12:1

Be thankful for my church

"Enter the Temple gates with thanksgiving." Psalm 100:4

LARGE GROUP REFLECTION:

Did the Speaker or Lesson uncover a new area that I need to take a look at?

I could relate to the Speaker or Lesson in the following ways: _____.

OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. Why is it important for me to maintain an "attitude of gratitude" in my recovery?
2. What am I grateful for in my life? Why?
3. Do I let the special people in my life know how much I appreciate them?
4. How do I SHOW my gratitude? "Gratitude in Action!"
5. Am I grateful for the opportunity to heal from my hurts, habits and hang-ups?

