



MYSTIC
session page

Thanksgiving & Service

Psalm 116:1-4, 12-19 | Session 9.18

Before the Session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Materials needed: Paper and pens for each person
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)
- Find web links for underlined items on this session's webpage at faithelement.net.

Context

Read aloud [Psalm 116:1-4, 12-19](#) then share the Bible Background Video

In today's session, the group will share in exploring those things for which they are truly grateful and compose words of response to God's gifts to them.

Reflection

Distribute paper and pens to each person and encourage everyone to list all the things they are grateful for in three categories: people, places, and things. Encourage them to use the full amount of time and also be as specific as possible as they make their lists. (For instance, instead of just writing "mom" – write "Mom's way of giving advice with no strings attached.") After about fifteen minutes, Invite the group to silently share their lists with God and thank God for what is on their paper, taking time to carefully reflect on every item.

After about ten minutes of reflection, invite the participants to each write their own gratitude psalm. When they have completed this process, as time allows, Have volunteers share their psalms out loud with the group, then close the time by simply saying "Amen."

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