

# Connected

**Speaker:** Derek Powell

**Date:** Sunday 16th July

**Talk title:** Philippians – Rejoice! Really? - Thanksgiving and Prayer

**Bible verses:** Philippians 1:1-11

## **What are the main points?**

How can we move to more thanksgiving in our prayers and in our lives?

1. A discipline of 5 positives for every negative we want to express
2. An approach of love
3. An attitude of active gratitude

## **Questions to prompt conversation...**

- What did you find most helpful or most challenging from this talk/bible passage?
- How do you think we can find joy in the hardest and darkest of places?
- When we are tempted to have a good moan about something, how might we find 5 positives to outweigh the one negative?
- What does active gratitude look like in our prayers and in our relationship with others?