



“Thanksgiving and Instructed Eucharist”

October 9

Discussion Questions

1. How do you usually "say thanks" for the things in your life or the things in the world around you? What do you practice to help instill a habit of gratitude in your daily life?
2. Are there stories or experiences in your life or in your family's life that you tell and retell to others and remind you of God's faithful character? If you are willing, share the story with others around you.
3. What stories in the Bible do you read and re-read that resonate deeply with your understanding of God's character as the giver of good gifts?
4. In Philippians 4:8, Paul describes 6 attributes: whatever is true, honourable, just, pure, pleasing and commendable. When you look out into the world, which one of these attributes brings you the most gratitude to God? Share an example of this "thing" that you think about.
5. "Eucharist" means "thanksgiving" in Greek. What are some of the ways that you encounter God through the celebration of Eucharist, of Holy Communion? Maybe it is remembering Jesus's last supper, re-living Jesus's crucifixion, sharing a meal with other Christians, or taking Christ's broken body into your own, or another aspect of our weekly celebration.

Philippians 4:1, 4-9

Closing Appeal for Steadfastness and Unity

4 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

Final Exhortations

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.