

**Hope Presbyterian Church  
Sermon-Based Bible Study Group**



**November 26, 2023**

**“Thanks Therapy”** - Rev. Scott Christiansen

**Text:** Colossians 3:12-17 (NRSV)

1. What stood out to you about the message?
  
2. Having just celebrated Thanksgiving, consider how we typically celebrate the holiday.
  - What’s a treasured memory or tradition for you?
  - Have your thoughts about Thanksgiving changed over time? How?
  
3. Research shows that practicing gratitude or thankfulness can enhance mental wellness and promote lasting change in perspective. Gratitude and its mental health benefits can also positively affect your physical health. [Health benefits of gratitude.](#)
  - Why does being grateful or thankful improve our mental wellness?
  
4. **Read Colossians 3:12-14.**
  - Which of Paul’s suggestions for practicing “thanks therapy” with/toward others do you find most challenging? Why?
  - What suggestions might you add to this list?
  
5. **Read Colossians 15-17.**
  - How do the “thanks therapy” practices in these verses affect our relationship with God?
  - How or why does being grateful produce personal peace?
  
6. How can we pray for you?