

Gratitude

Preparing your heart....

Why does God ask us to express our thanks?

“Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!”

Psalm 107:1 (ESV)

“Whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

Colossians 3:17 (ESV)

“Give thanks in all circumstances...”

1 Thessalonians 5:18

How do you demonstrate your gratitude to God? Why does God ask us to express our thanks?

Preparing for the conversation....

Familiarize yourselves with the suggested questions for this conversation p 36 - 37. Remember you do not have to go through all the questions. Note the ones you want to include.

Think of ways you have practiced gratitude in your relationship. Think especially of the more difficult times. What difference did it make if you practiced gratitude?

What have you learned about God as you have practiced gratitude?

As you think about your mentee couple, consider....

- What do you know of the circumstances they are facing?
- How might a focus on gratitude be helpful to them?

During the conversation....

The first 6 questions will allow you to begin getting to know your mentee couple. The last 5 questions will help you get a sense of how they see their relationship.

Take note of deeper issues that may begin to surface, but try to avoid focusing on those if this is your first conversation. Give time for trust to grow.

If this is your first conversation, set aside some time to talk about logistics, expectations and goals for your mentoring relationship (see pages 28 - 29). Clarify expectations. Set goals.

After the conversation....

Debrief.

What worked well? What will you change for next time? Did you allow your mentees 75% of the talk time? Did you each contribute to the conversation?

Thank God together:

- for the gift of your marriage
- for using you - and your story - in others' lives

Pray daily for your mentee couple. Ask for sensitivity, insight and ways to encourage them on their journey to know God as well as each other. Pray specifically for issues that may have surfaced in the conversation.

“Thanksgiving always precedes the miracle.”

- **Ann Voskamp**, [One Thousand Gifts](#)

Gratitude

How did you and your spouse meet?

What first attracted you to your spouse?

What kinds of things did you do together while you were dating?

What do you remember most about your wedding day?

Who have been your role models? Describe two couples that are good examples for you of a strong, healthy marriage.

Which of their relationship strengths would you like to see in your own marriage?

What are some of your spouse's traits for which you are most thankful?

What compliments do you give your spouse? What compliments does he/she give you that you really appreciate?

How are you different from each other?

Are you opposites in any of these personality traits?

Introvert	Extrovert
Lots of words	Few words
Morning person	Night person
Spender	Saver
Dramatic	Stoic
Emotional	Logical

How have these differences strengthened your relationship?

PROJECTS

1. Give your partner at least one new compliment every day for 30 days. Get creative!
2. Keep a marriage gratitude journal. Jot down 2 or 3 things every day that you are thankful for. Share them with each other at the end of the month.
3. I love you because... Write this on a chalkboard or the bathroom mirror. Add a new word or phrase every day for 30 days.