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**Big Idea:** The way we worship God in life will determine how grateful we are in life.

**Read** the Psalm out loud.

**Head (Understanding & Belief)**

1. What commands do you observe in Psalm 100:1–4?
2. According to verse 3, what truths about God and ourselves form the foundation of worship?
3. What does this Psalm teach you about God’s character and which attribute gives you comfort in this current life season?
4. Why is gratitude described as a “virtue” and not just a feeling?

**Heart (Affection & Attitude)**

5. Where do you sense gratitude growing in your life? Where has it grown cold?
6. What emotions surface when you reflect on the truth: “*We are His people, the sheep of His pasture*”? (Recall Jesus’ words in John 10:10).
7. What competes most with gratitude in your heart — worry, comparison, disappointment, hurry, or something else? How do you see these robbing or hijacking your heart?
8. How would you describe the current “temperature” of gratitude in your life if you used the scale of 0-10?

**Hands (Practice & Obedience)**

9. What practical habit could you adopt to cultivate gratitude in 2026?
10. How can you create space for thanksgiving in your home or small group?
11. What distraction will you intentionally remove during worship or prayer this week?
12. Who is one person you could encourage this week by expressing gratitude?