



Because I'm in Christ, I can be thankful.

1. How can I be "filled with the Spirit"? What can I do?

a. Read Romans 8:4-6: I can _____ on the Spirit.

What is another way of saying this? How can you do this regularly?

b. Read Galatians 3:5: "Does he who supplies the Spirit to you... do so by works of the law (me being good) or by _____?" (You know the answer to Paul's question here! If not, check Ephesians 2:8)

What do we hear that helps us be filled with the Spirit? What do we have today that helps us with this, that the early believers didn't have?

2. What are two results of being "filled with the Spirit"?

a. We _____ and make melody to the Lord- we worship Him for who He is and what He does.

List 5 words to describe who God is: _____

List 5 things He has done: _____

b. Here's an example of a song that praises God and gives him glory. What does it say that God did?

"Hark the herald angels sing,
GLORY to the newborn king,
Peace on earth and mercy mild,
God and sinner reconciled."

c. What other songs do you know that praise God? Sing it with your family.

3. We _____ always and in everything. That's easy to do when everything is going well, but giving thanks when circumstances are hard?! This doesn't mean you have to be happy all the time or pretend things aren't difficult. Instead, you make a choice to give thanks to God- because your changing circumstances do not affect who God is or who you are in Jesus.

Let's practice giving thanks, no matter the circumstance. Fill in the blanks with a circumstance in your life, a describing word for God listed above and a phrase describing your "new identity" listed above:

* I thank you, God, for being stuck at home -because I know You are always with me (describing word for God) and I am chosen and loved (part of your new identity in Christ).

* I thank you, God, for _____ -because I know You are _____ (describing word for God) and I _____ (part of your new identity in Christ).

