Caregiver SUPPORT

DISCUSSION GUIDE

What Do I Do When I'm Struggling To Be Thankful?

We remember what Jesus has done.

WELCOME

» Welcome attendees, look for newcomers and acknowledge them specifically

» Share the group's mission statement:

This is a safe and judgment-free environment where caregivers can find support, encouragement, and help to lift their eyes to Christ.

» Review guidelines for the meeting:

- » Begin and end at set times
- » Respect time allotted for sharing, set by facilitator
- » What is shared in the meetings is confidential, unless it involves abuse of a minor
- » Offer an empathetic and respectful ear to others

WHAT THIS GROUP IS

- » A place to biblically care for the caregivers
- » A place to bring the hope of the gospel to their situations
- » A place to pray for God to meet and bless them with the hope of the gospel
- » A place to listen, to hear struggles, and give help from the bible
- » A place to encourage

WHAT THIS GROUP IS NOT

- » A place to deal with 'patient care' solutions and diagnosis for your loved one
- » A place to give direction for patient care for your loved one
- » A place to hear answers to 'fix' your loved one and the situation you have
- » A place to share political opinions

» Open in prayer

» Encourage group to share current situations (3 minutes). Be sensitive to new attendees.

COPYRIGHT P82 PROJECT RESTORATION · 2026 · P82HOMES.ORG

QUESTION

What do I do when I'm struggling to be thankful?

DISCUSSION

This is the time of year we focus on giving thanks. But what if I'm struggling to do this? ***Give example from your own life.***

The bible says in 1 Thessalonians 5:16-18:

> *"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*

For believers this is actually a command. What if I'm struggling to do this because my circumstances are so hard?

Have you ever felt this way? ***Allow for discussion.***

OBSERVATIONS

We remember what Jesus has done.

If we read a little bit before these verses it says,

> *For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with him. Therefore encourage one another and build one another up, just as you are doing.*

Not only can we remember what Jesus has done, but we can ask for help when we're struggling. We can pray and we can talk to Christian friends.

GO DEEPER

- Start a list of things you are thankful for, or tell God one thing you are thankful for each day.
- If you aren't a Christian and want to know more about the gospel and what Jesus has done, talk with another Christian you may know.
- We encourage you to be a part of a local church that preaches from the Bible. If you need help thinking through that, feel free to reach out to us.

PRAYER OF LAMENT AND HOPE

Dear Jesus,

This is the time of year when everyone around us is giving thanks, and if we're honest, some days we don't feel thankful at all. Our loved ones are suffering and we are worn out. Some days we even feel guilty that we can't be more grateful.

Thank you that we can tell You exactly how we feel. Help us to remember what you have done for us. You died for us so that we could live with you, and nothing in our circumstances can change that. Thank you for the friends who encourage us and build us up. Help us to come to you and to each other when we're struggling. Give us rest tonight as we lay our heads on our pillows, and tomorrow, help us notice one small gift from you.

In Jesus' name,

Amen