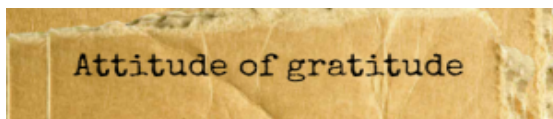


Simple Thanks: Session One

Attitude of Gratitude

"Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it all of you. For this is my blood of the new covenant, which is shed for many for the remission of sins." Matthew 26:27



Jane and I welcome you to Week One of Simple Thanks! We are very excited to be with you during this journey into the simple thankfulness. In the weeks leading up to this study, we have been praying for you. Thank you for answering God's call; it is not an accident that you have joined this study. God is calling us to live fully in the moment. Life is a gift—rejoice and give thanks.

Introductory Video for Week One

Here is our short video with our Bible verse to introduce Week 1.

Here is our TalkShoe Webinar from week 1 if you missed the live call-in:

Weekly Homework

Each week we will add your assignments to a password-protected post. Look for the password every Tuesday evening in your email. Below you will find homework for each level of study.

Feel free to change from Level 1, Level 2, or Level 3 as your schedule allows! **Remember, there is no pressure to complete every activity. These are just options for your growth. They can be accessed at any time, even after the study ends.**



Level 1, Study: Weekly Goals

- For Week 1, watch *SESSION 1: Attitude of Gratitude, Ann's video*.
- Take time to notice and thank God for His simple gifts.
- Complete the study guide and *Between Sessions* homework PDFs.
- Start your 1000 Gifts List in a separate journal.
- Feel free to do any of the other activities from Levels 2 and 3 as your time allows.

Level 2, Community: Weekly Goals

- For Week 1 watch *SESSION 1: Attitude of Gratitude*.
- Take time to notice and thank God for His simple gifts.
- Complete the study guide and *between sessions* homework PDFs.
- Start your 1000 Gifts List in a separate journal.
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post.
- Join the *Community Call*, Wednesday night at 7:00 p.m. EST on Talk Shoe (Information on *TalkShoe* is in your weekly email.)
- Read *Thankfulness, the Way of Jesus* from the Soul Shepherding website.

Level 3, Opportunity: Weekly Goals

- For Week 1, watch *SESSION 1: Attitude of Gratitude*.
- Take time to notice and thank God for His simple gifts.

- Complete the study guide and *between sessions* homework PDFs.
- Answer the question on the *Speak Your Mind* comment section at the bottom of this post, join the *Community Call* on Wednesday night on *TalkShoe*, and listen to the *Podcast* at the link provided up above.
- Don't forget to check out our private Facebook page. Leave your comments about this week's study, post your prayer requests, or share any insights/questions you may have. Only members of our Bible study group will see these posts.
- Start your 1000 Gifts List in a separate journal.
- In the evening, do devotions 1-5 in the *one thousand gifts devotional* journal.
- Read chapters 1-3 in *One Thousand Gifts trade book* by *Ann Voskamp*.
- Take advantage of the Extra Simple resources by clicking on the links below:

From Grumbling to Gratitude

Please take a few moments to worship and express your gratitude to God through music for His many blessing and gifts.

Questions of the Week (Please respond in the *Speak Your Mind* section at the very bottom of this page).

What simple gift are you most thankful

for this week?