

FIVE: THE JOYFUL DECISION *Today I will choose to be happy.*

As you discuss how to develop a grateful spirit—practice smiling while you talk! Correct and encourage each other to do this as a practice session.

1. Briefly, how often do you complain?
2. **Very** briefly, share some negative thoughts that are common to all of us.
3. Share positive thoughts that we should be spending our time on! (report)
4. List some things together that each of you can do to make yourself smile or laugh every day. (report)
5. List some Bible verses that can help you develop a grateful spirit.

Things to pray about.

Lord, who am I? Deep, deep down inside – a grateful or ungrateful person?

Lord, how do people perceive of me? How do I become more attractive?

Lord, change my attitude to be filled with gratitude.