



STUDY GUIDE: March 1, 2026

Message Series: What Did I Just Sing?
Message Title: *Gratitude* (by Brandon Lake)
Teaching Pastor: Brian Hughes

Warm-up/Icebreaker: (10 min.)

If your life had a “highlight reel” from the past 7 days, what’s a moment that would be on it?

Pray:

God, thank You for bringing us together. Thank You for the gift of life, for waking us up today, and for the many blessings we often overlook. Open our eyes to see Your goodness, open our hearts to gratitude, and help us move from simply hearing Your Word to living it. Teach us to praise You not just with songs, but with the posture of our lives. In Jesus’ name, Amen.

Get Started: (30 min.)

- Why do you think it’s easier to focus on what we don’t have than on what we already do have?

“You want the peace of God? It will only come ‘with thanksgiving’. You want to reduce your anxiety? It will happen when you change your focus, making your day less about what you don’t have and more about what you already do. I find the words of the Psalmist curious. He said “Offer to God a sacrifice of thanksgiving...” Psalm 50:14 A sacrifice of thanksgiving. To be thankful is a form of sacrifice, because it requires intentional turning towards what I already have that’s good. And that really is what this song is about. Look - listen to me - your life is FILLED with good things. FILLED. But for some reason, we - including me - we do two things that are detrimental to our lives. First, we focus on what’s next instead of what’s now. Second, we focus on what’s absent instead of what’s present.” -Pastor Brian Hughes

Read Colossians 3:15–17.

- What would change if gratitude became your “default posture”?

Read Psalm 100:4–5.

- How is gratitude different from simply saying “thank you”?
- What helps you move from routine worship to heartfelt praise?

Reflect and Commit: (40 min.)

“In the back” is not an alternate-universe or a mythical far away land. It’s a real place with what they call ‘inventory’. It’s not usually pretty, like the part of the store that you and I roam in. It’s for ‘employees only’. It is where they keep the inventory. And well run organizations keep a close eye on their inventory. They know what they have. They account for it often by counting it often. Even those businesses with the most sophisticated and advanced technology still have people actually count their inventory so that they can see what they have. We, the customer, don’t know all about that. We’re on the showroom floor, drooling over what we don’t yet have. While the employee - the insider - is focused on what is already in inventory - what is on hand. What they DO have. Most of us live our lives like a customer, on the showroom floor, pointing at all the things we’ve not yet attained or acquired or achieved. We fill our days filling a mental basket of ‘gotta haves’. -Pastor Brian Hughes

- Where do you most often find yourself living on the “showroom floor” — focusing on what’s next or missing?
- What is one practical way you could become an “inventory manager” this week — intentionally noticing what God has already given you?

Read 1 Thessalonians 5:16–18.

- What circumstance in your life right now makes gratitude difficult?
- How could practicing gratitude change your response to that situation?

Read Acts 14:19-28.

- Why do you think they emphasized God’s work instead of their hardships?
- Paul reports what God did despite suffering. How can gratitude coexist with real hardship?
- How could sharing “what God has done” encourage others in your community?

“What happened with Paul reflects what happens with us. We might not get stoned to death, but we do get beat up, and we are often misunderstood. Life is hard. No one is denying that. Paul wouldn’t deny that. And yet, Paul didn’t live on the showroom floor dreaming about what he didn’t have. Instead, he knew what he had ‘in the back’ and he knew that his inventory was more than enough to have life to the fullest.” -Pastor Brian Hughes

Gather prayer requests. (5-10 min.)

Consider playing the song *Gratitude* by Brandon Lake, before you pray.

Pray:

Lord, thank You for reminding us how good You have already been to us. Forgive us for the times we focus more on what’s missing than on what You’ve provided. Teach us to live with grateful hearts — not just in easy moments, but in every circumstance. Help us notice Your presence and Your provision. May our lives become a continual ‘hallelujah’ to You. As we leave here fill us with Your peace, shift our perspective, and help us carry gratitude into every part of our week. In Jesus’ name, Amen.