

IF:TABLE

- DOWNLOAD, PRINT, AND LAY OUT THE CARDS ON THE TABLE WITH THE QUESTIONS FACING UP.
- INVITE 4 WOMEN TO GRAB THEIR FAVORITE QUESTION.
- TAKE TURNS HAVING EACH WOMAN ASK THE QUESTION ON HER CARD. ALLOW TIME FOR EVERYONE AROUND THE TABLE TO SHARE OR RESPOND TO THE QUESTION.

Q.1

What are some ways you can navigate through hard seasons and still show gratitude?

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Q.2

Have you ever struggled with feeling ungrateful? Explain.

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Q.3

Why do you think it's so difficult sometimes to have a good attitude in the midst of hard times? What has prevented you from expressing yourself in this way?

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Q.4

Can you name 3 things that you are grateful for? Have you always had a positive outlook or attitude as it pertains to these things?

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