

## CRAZY GRATITUDE: Forever ThankFULL!

Scripture used: [Psalms 34:1, 8 \(NIV\)](#); [Colossians 3:15–17 \(NLT\)](#)

### OVERVIEW

Pastor Hurmon reminded us that while the holidays bring joy for some, for many they can feel heavy, isolating, or stressful. Not everyone gets the “picture-perfect” Thanksgiving. Yet all of us have known moments of deep fullness—a sense of contentment, gratitude, and blessing that has nothing to do with our circumstances. Scripture teaches that this thankFULL life is something God makes possible every day. This is what Crazy Gratitude looks like: a posture of thanksgiving that rises above situations, like David who praised God even while hunted, scapegoated, and running for his life. Gratitude is more than a feeling—it is a choice. And when we choose it, God fills our empty places again and again.

### KEY POINTS

1. **Crazy Gratitude transcends circumstances.** David wrote Psalm 34 during one of the darkest chapters of his life—pursued, falsely accused, and forced into hiding. Yet even then, David chose to bless the Lord. Crazy Gratitude doesn’t rest in what happens to us, but in who God continues to be for us. It is a spiritual posture that recognizes God’s goodness, power, and presence even when life feels unfair or overwhelming.
2. **A thankFULL life is continually refilled by God.** Gratitude is not a one-time emotion; it is a capacity God constantly replenishes. Pastor Hurmon compared it to sitting at a restaurant where your cup is never empty because the waiter keeps refilling it. Though life drains us through stress, disappointment, and fatigue, God restores us through worship, community, and gratitude. When we live “thankFULL,” patience, kindness, generosity, forgiveness, grace, and joy naturally overflow from us.
3. **Gratitude is a choice before it is a feeling.** Gratitude does not depend on mood or convenience; it requires intentional focus and spiritual discipline. David practiced gratitude even when his circumstances offered no comfort. [Philippians 4:8 \(NIV\)](#) calls us to redirect our minds, dwelling on whatever is good, true, honorable, and praiseworthy.
4. **A daily gratitude framework helps us stay full.** Sustained gratitude requires practices that train our hearts and minds. Pastor Hurmon offered four daily steps:
  - a. Remember by recalling stories of God’s past faithfulness
  - b. Relive by revisiting moments where God met you
  - c. Relish by slowing down to savor blessings rather than rush past them
  - d. Retell by sharing testimonies, writing reflections, or encouraging others

### DISCUSSION

- 1) **HEAR** - A thankFULL life is not about perfect circumstances. David’s example shows that gratitude is possible even in stress, grief, or uncertainty. Where are you tempted to focus on what’s wrong instead of what’s right? Which blessings, relationships, or experiences do you need to revisit or savor?
- 2) **UNDERSTAND** - If David’s praise was written in the wilderness, could Crazy Gratitude be a weapon we use against the lies suffering tries to tell us about God? Is gratitude obedience to God, or resistance against despair? Or both? What truths are we

defending when we choose to thank God in pain? Does praise create refuge ([Psalm 34:8](#)), or do we praise because refuge already exists in God?

- 3) **DO** - Take the 5 minutes (right now) and write down the top three things you're thankful for this year. Draw a line from each one to how it changed your heart, your behavior, or your faith. Share one with the group.