

Stay positive

A cheerful heart brings a smile to your face;
a sad heart makes it hard to get through the day. **Proverbs 15:13 (MSG)**

Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:8-9 (NLT)

For your small group:

Read Psalm 100: v.1 - 5

This passage is about thankfulness but the focus is entirely on God: there is no mention of circumstances here.

1. What do we learn about gratitude from this passage?
2. What do we learn about ourselves?
3. What is there in this passage that you can apply to your life this week?

We praise and thank God for who he is and what he has done. But we can also give thanks to him for the things that people do which impact our lives.

Have someone read the attached *Heroes of the Faith* blog, written by J. John. (It is probably best if the reader has seen this in advance and can look it over, so they can read it well.)

J. John, talks about four ways in which he is challenged by Jenner's life story – do any of these challenges speak to you just now?



Edward Jenner

Pray:

Take time to thank God for faithful people like Edward Jenner who served God through his science and whose impact is very relevant for us today.

- Give thanks for the progress with vaccines and for the scientists, universities and pharmaceutical companies who are making it possible.
- That clinical trials and approval will follow.
- That the rollout will be efficient and successful.