

# LIVING GRATEFULLY

## WEEKLY ACTION STEP

Text the word "First" to 317-350-1996 to join us on the Faith First Journey.

Over the next week, work towards a spirit of contentment by asking a friend to hold you accountable to have a positive attitude and start each day with a positive prayer.

## BIG IDEA

Gratitude has to do with your attitude...whether you are grateful or not, whether Christ is first or not, and it has to do with your affection for other people.

## SCRIPTURE

Read aloud Philippians 4:10-20 in your group

## OPENER

Pastor Steve asks the question, "Are you a grateful person?" Share ways you are grateful that can include your job, family, friends, church, etc.

## QUESTIONS

1. Pastor Steve says in the message, "If our expectations for life are ideal, then we become discontented when the realism sets in." Describe a time in your life when you became discontented by your circumstances? How did you work towards contentment?
2. Proverbs 14:30 says, "A heart at peace gives life to the body, but envy rots the bones." Where do you struggle with envy? How does that affect your peace at heart?
3. Philippians 4:8 reminds us, "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy--think about such things." What are these things in your life that you can think about? What are you thankful for?
4. Pastor Steve said that more people came to the Louvre when the Mona Lisa was stolen and missing than when it was there. What is a blessing that you received that you didn't appreciate until it was gone? How can you become more aware of the gifts God has blessed you with?
5. Philippians 4:11 says "I am not saying this because I am in need, for I have learned to be content whatever the circumstances." Contentment begins with a state of mind and personal choice. How could Matthew 6:33 guide you to a place of contentment?

## TAKEAWAY

### Four Enemies of Gratitude

1. Unrealistic expectations
2. Unfair comparisons
3. Unnoticed blessings
4. Uncontrolled ambition

### Three Secrets of Gratitude

1. Gratitude occurs when we have a spirit of contentment.
2. Gratitude occurs when we determine to honor Jesus Christ.
3. Gratitude occurs when we love people instead of things.

## REFERENCES

John 16:33

1 Timothy 6:8

Philippians 4:8

Matthew 6:33

Philippians 2:14

## DIGGING DEEPER

1. Pastor Steve shares that, "If you expect trouble, you aren't disillusioned when it comes. You learn to appreciate the carefree days as blessings and deal with the difficult as normal." In what ways have you been disillusioned when trouble comes? How can we be more like Jesus from John 16:33?
2. Read Luke 15:11-32, In what ways did the prodigal son's attitude change from verse 12 to 17-19? Have you ever felt like the older brother? Why was he upset with his father? How can we overcome the same attitudes in our own lives?