

LIVING LARGE

3 SECRETS BLESSED PEOPLE KNOW

WEEK #3: BE THANKFUL

INTRODUCTION

The truth of the matter is a lot of people live small lives. Making a lot of money or having a lot of followers may seem big, but in the end, those things don't matter. Jesus summons us to truly live large by being grateful and giving generously. And when you live life his way, you never come out behind.

DISCUSSION QUESTIONS

1. What do you think about the following statements? *"Gratitude can make you. Entitlement will destroy you."*
2. A 10-year study on the benefits of gratitude by the Wall Street Journal revealed many things, including that grateful adults have more energy and optimism. They are less likely to be depressed and envious. They sleep more soundly and exercise more regularly, and much more. Can you testify to the truth of these results in your life when you have been most grateful?
3. Fact #1 about gratitude: *Gratitude isn't connected to circumstances. No matter what's going on in your life, there is so much to be thankful for!* Is this challenging for you? Or do you find that it comes easy for you to be grateful despite your circumstances?
4. Fact #2 about gratitude: *Entitlement is ugly, and it'll make you miserable. Gratitude is beautiful, and it'll make you attractive.* How, if at all, have you seen this to be true in your life, or the lives of those around you?
5. Fact #3 about gratitude: *Real, life-changing gratitude starts at the foot of the cross.* How does your relationship with Christ and what He's done for you motivate you to choose gratitude daily?
6. What was your biggest takeaway from the message, and why?

SCRIPTURE & QUOTES

Psalm 100:4 / 1 Thessalonians 5:18 / Luke 7:36-48, 15:28-30

"Gratitude is powerful because it returns our mind and emotions to 'manufacturer's settings.'"

"Gratitude causes the the brain to produce serotonin and dopamine - it has been called the 'natural antidepressant.'"