



Nov. 30 & Dec.1, 2018  
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UNLEASHING A LIFE OF GRATITUDE

**What Are You Thankful For?**

- 1. \_\_\_\_\_ 2. \_\_\_\_\_
- 3. \_\_\_\_\_ 4. \_\_\_\_\_
- 5. \_\_\_\_\_ 6. \_\_\_\_\_
- 7. \_\_\_\_\_ 8. \_\_\_\_\_
- 9. \_\_\_\_\_ 10. \_\_\_\_\_

**The Biggest Obstacle To A Life Of Gratitude Is**

“They said to Moses, 'Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt? Didn't we tell you this would happen while we were still in Egypt? We said, Leave us alone! Let us be slaves to the Egyptians. It's better to be a slave in Egypt than a corpse in the wilderness!’”  
Exodus 14:11-12

“...You are not grumbling against us, but against the Lord.”  
Exodus 16:8

**MEMORY VERSE**

“Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.”  
Philippians 2:14-15

If you can change your circumstances, \_\_\_\_\_

If you can't change your circumstances, change your \_\_\_\_\_

**To Succeed In Containing Complaining  
I Need To Develop The Habit Of Saying Thank You**

1. Because \_\_\_\_\_

“Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things.”  
Psalm 103:2-5

**The Ultimate Thank You**

2. Because \_\_\_\_\_

“One of the things I always pray for is the opportunity, God willing, to come at last to see you.”  
Romans 1:10

“And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. For everyone here, including the whole palace guard, knows that I am in chains because of Christ.”  
Philippians 1:12-13

3. Because \_\_\_\_\_

“So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.”  
Hebrews 4:14-15

**ACTION STEP**  
**Accept the 1-Week No Complaints Challenge**

- MY NEXT STEP IS TO . . .**
- Memorize Philippians 2:14-15
  - Accept the 1-Week No Complaints Challenge
  - Send a thank-you note to someone letting them know why I thank God for them.
  - Give a Christmas Invite card to someone and encourage them to come with me to one of our holiday events



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## Discussion Questions - Week #10

# LIFEGROUPS

### QUICK REVIEW

Thinking back to the sermon this weekend "Unleashing A Life Of Gratitude" in a sentence or two summarize the main point.

Looking back at your notes, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

### GETTING STARTED

- What do you complain about the most?
- Do you think the people closest to you would be more likely to use the word "grateful" or "complainer" to describe you?

### DIGGING DEEPER

1. Read 1 Samuel 1:1-28. What did Hannah have to complain about?

In what way do Hannah's actions in this passage serve as a model for us to follow?

How did Hannah demonstrate her understanding that God was the source of blessing?

Do you think Hannah was tempted to go back on the promise she made to God?

2. Read Psalm 103:1-5. What are the different reasons that the Psalmist gives in this passage to be thankful to God?

How might remembering this list help you to change your perspective to grateful?

What do you think it looks like for all of your "inmost being" to praise His name?

What do you think it means to "forget not all his benefits"? (v.2 - NIV translation)

3. We've all been in awkward situations, but probably none more awkward than we find in Luke 7:36-50. How would you have felt if you were a guest at the dinner party?

Do you identify more with the woman in this passage or with Simon the Pharisee?

What's something you've done recently to thank Jesus for his forgiveness?

Do you think there is anything we can do to grow more in gratitude for what Christ has done for us?

### TAKING IT HOME

☞ How can the group be praying for you this week to change your perspective?

☞ Consider committing to the 1-week No Complaints challenge and report back to your group next week how it went!

### PRAYER REQUESTS