

GLO

GLO: WEEK ONE—BE GRATEFUL

CONNECT: Tell a story about a tug-of-war. Was it an actual matchup of two teams? Who were they, what happened, and who won? Or was it more of an internal wrestling match for you? Perhaps something else came to mind! Share more with your group.

GROW:

1. **Read Philippians 2:14-15.** How does complaining and arguing dull the edge of our communication? On the flip side: Share about someone you know who does *everything* without complaining. How does this enhance their voice, opinion, or presence?
2. Lou Holtz said, "Never tell your problems to anyone—20 percent don't care and the other 80 percent are glad you have them." Have you found this to be true? What's it like when you run across the 20% who don't care? How about the other 80%... how does that tend to play out?
3. ***Gratitude begins where entitlement ends.*** What is it about entitlement that tends to drown out any sense of gratitude? Have you or someone you know ever struggled with a sense of entitlement? Why does the pathway of entitlement usually end with a lack of thankfulness?
4. **Read Psalm 103:1-5.** Jon said, ***If we are grateful, we will SAY it.*** How do David's words express the state of his heart and attitudes? What happens when we dwell on the things for which we're thankful and then express how grateful we are? Talk about the way your heart and mind tend to react to your own internal sense of gratitude—or lack thereof!
5. **Read 1 Chronicles 29:14-15.** Looking through the lens of this text, what can we observe about David's way of thinking? Reflect on the sense of his own need for God. How does this awareness increase our level of gratitude?
6. Jon also said, ***If we are grateful, we will SHOW it.*** What are some practical ways we can express gratitude? Is there a best *time* to share our thanks? Talk about how and when to show our appreciation, gratitude, or thankfulness.

PRAY: **Read 1 Thessalonians 5:18.** This is God's desire for us: To be thankful. Ask God to work in your heart, mind, and life to cultivate a sense of gratitude... for Him, for the people in our lives, for the blessings of the day, for the challenges that stretch us, and more.

NEXT: Carve out time in the next few days to stop, reflect, and make a list of all you're thankful for. Spend time with that list as often as you need to sharpen your sense of gratitude this week. Start cultivating a tendency to say, "Thank you!" as often as it's appropriate to do so!