

A Life to Die For

Part 8: Gratitude
Philippians 2:14-18

Launch

What was the best thing that happened to you this week? What was the worst thing?

Explore

Read the passage

What is the difference between grumbling and arguing?

What is it about grumbling and arguing that makes it impossible for a person to be “blameless and pure,” even when they are doing “Christian” things? Why is it so important to Paul that our attitudes match our actions?

In verse 2:14-15 Paul is reflecting on Deuteronomy 32:5. (Read that verse now.) In what ways were the Israelites prevented from being “lights in the world” because of their grumbling and arguing? How does this still show up today?

Apply

“Gratitude is more than an attitude: It’s a posture, a mindset, a choice.” Do you agree or disagree with this statement? Why?

Who is the most grateful person you know? Share a little about him/her.

What things trigger grumbling or arguing in your life? What lies are you believing about God, yourself, or your situation that drive your negative attitude in these situations?

What steps do you need to take in order to “shine like stars” at your work, in your neighborhood, at your kids’ athletic events, etc?

Pray

Take some time for prayers of thanksgiving. (Have each person share.)