

NO THANKS week one

These questions are for your growth and to prepare for the conversation in your Growth Group. We encourage you to read through them, spend some time thinking about your responses and write down anything that could aid in your Group. We also encourage you dig deeper, research, look for supporting Scriptures, etc. We are excited for your growth relationally and spiritual. **We recommend the Bible versions of - ESV, NTL, NIV, NASB and The Message.

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Series Overview: Thankfulness is a virtue we all recognize. Parents try to instill thankfulness in their kids, people buy cards to say “thank you” to other people, and there’s even a whole day each year dedicated to thankfulness. (Followed by those midnight sales to buy all that new stuff that no one really “needs.”) Yet, somehow, we grow frustrated with what we have, disappointed in who we’re with, and discouraged about where we’re at. We all want to be thankful, but why is it so easy for us to have No Thanks?

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//TALK

Ice Breaker - Would you rather be in a fight club that meets once a month or a book club that meets every day?

Q1 – Share a story about a time you experienced a high level of joy, gratitude or thankfulness. What brought you back to reality after that experience?

Q2 – What do you believe is the role of “happiness” in our lives? Is it a place we should stay in all the time or can you even do that?

Q3 – Read **Philippians 4:11-13** [Read in different translations] What stands out to you in these verses?

Q4 – In the message the statement was made “**Things we face in life are either “problems to solve or tensions to manage” and contentment is a tension.**” What do you think?

Q5 – Read **Ecclesiastes 4:4-8** [Read in different translations] What stands out to you in this passage?

Q6 – How can you experience more contentment in your life this week?

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//GO DEEPER

Check out some more:

//THE POINT

Embracing contentment is the key to living a thankful life.

//MEMORIZE

Philippians 4:11 - Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.

//PRAY

Take time to pray for the needs in your group. Pray for our church and our church leaders. Pray for the health of our church and our community. Pray for a heart of gratitude and thankfulness as we move through this season of Thanksgiving.