

Greater Than Grateful

Jeremy Edelen

INTRODUCTION

We grow up and are taught all about this “attitude of gratitude” — but it has lost its luster in our life. When that happens, discontentment seeps in and has the potential to rob us of the very thing we chase: happiness. We must come back to home base and understand what gratitude all about. It unlocks our ability to truly be happy.

DISCUSSION QUESTIONS

1. Icebreakers: What are your Thanksgiving plans / what did you do for Thanksgiving? What is your craziest Black Friday memory.
2. What is your perception of an “attitude of gratitude?” What does that mean to you?
3. Where do you see discontentment take hold of your life? What area is most prominent and what are the consequences of that?
4. Read the story of the 10 lepers who are healed (Luke 17:11-19) — what sticks out to you in this story?
5. What does Jesus mean when he says that you are “well” since the man had already been cleansed? (answer: internal peace and happiness)
6. Why does gratitude lead to happiness and not the other way around? Have you experienced this before, if so, when?
7. There are 3 gratitude myths that Jeremy went over, which one resonates most with you or do you need to unlearn?
 1. Myth: Things have to be going good in order to be grateful // Truth: You can learn to be grateful in the good and bad.
 2. Myth: You have to feel grateful to be grateful // Truth: Gratitude is an action.
 3. Myth: Gratitude is just recognizing what you have // Truth: Gratitude is recognizing what you’ve been given by God.
8. How could gratitude grow your relationship with God?
9. Choosing ingratitude and not being intentional, is choosing unhappiness. What are the obstacles that keep you from practicing gratitude and what do you need to do to get past those?

CHANGING YOUR MIND

*And he said to him, “Rise and go your way; your faith has made you well.” — Luke 17:19.
Choose a habit of gratitude and begin practicing it this week. Just try it! (journal, reminder, dinner table, etc.)*