

GRATEFULL



2-WEEK STUDY

HOW COMPLAINING AND COMPARISON
TRY TO STEAL OUR GRATITUDE

WEEK 2

DISCUSSION GUIDE

THE GRASS IS ALWAYS GREENER...

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WEEKLY READING

Primary text from this week: Philippians 4:11-13

Secondary texts from this week: Mark 9:33-36

GETTING STARTED

Goals for this session: To develop a more thankful heart by reducing comparison

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: Do you typically go shopping on Black Friday? Did you go this year? If so, what was it like?

DISCUSSION QUESTIONS

1. This week, we are talking about the danger of comparison. When you were growing up, who is one person you always compared yourself with?
2. Our “contentment level” is often affected by our current circumstances. What are some of the circumstances in your life that *negatively* affect your contentment level? What are some of the circumstances that *positively* affect your contentment level?
3. How has social media made our tendency to compare ourselves with others even more challenging? Do you think social media has improved your contentment level, or made it worse? Explain.
4. Have someone read **Philippians 4:11-12**. What is your reaction when you read this passage? Do you feel encouraged or discouraged by Paul's perspective? Explain.
5. Have the group look up and read **Exodus 20:7** (one of the 10 Commandments). How would you describe the connection between coveting and comparison?
6. Have someone in the group look up and read **Romans 12:15**. Why is it so difficult for us to rejoice with other people sometimes, especially when their circumstances seem to be so much better than our own? How can we begin to change our attitude towards other people's success?
7. What is one step you can take this week to stop falling into the comparison trap and experience greater contentment?

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PRAYER

Pray for each other: Pray that each person in your group would experience the kind of contentment Paul describes in Philippians 4:11-12.

Pray for yourself: Pray that God would help you experience contentment this Christmas season.

Pray for your four: Identify four people who don't know Jesus (friends, family, neighbors, or co-workers/classmates), and commit to pray for them consistently. Pray that **(1)** God would reveal Jesus to them, **(2)** that God would turn their hearts towards Him, **(3)** that God would put Christians in their path to represent Christ, and **(4)** that God would give you an opportunity to share what Christ has done in your life.

ACTION STEPS

You are a child of God. This week, anytime you find yourself falling into the comparison trap while scrolling through social media, set your phone down, read 1 John 3:1, and tell God "thank you for adopting me as your son/daughter."

NOTES
