

Sermon Guide

The Happiness Advantage Part 3- Gratitude

Big Idea: I can't change my circumstances but I can change my perspective.

John 10:10

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

Romans 8:28

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Three Keys to a Grateful Perspective

- 1. Stop it** (Exodus 13:16, Numbers 11:4-6)
- 2. See it** (James 12:2-4)
- 3. Say it** (Luke 22:17,19)

Discussion Questions

1. How did your family open gifts? Free for all or one at a time?
2. Share something that you are grateful for right now. Is it hard for you to immediately think of something?
3. Is there something difficult from your life that you can share that you are now grateful for?
4. Which one of the 3 ways (stop it, see it, say it) do you struggle with the most? How can your group pray for you?