



Gratitude | Guarding Against Negativity

Hebrews 12:15 NIV

OPEN IN PRAYER

ICEBREAKER QUESTION

What's something small this week you're grateful for—something you might have overlooked?

SCRIPTURE READING

15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. **Hebrews 12:15 NIV**

DISCUSSION QUESTIONS:

1. How does bitterness begin to take root in someone's life? What are some early warning signs?
2. Have you ever seen one person's bitterness or negativity affect an entire group, family, or workplace? What happened?
3. Why do you think the writer calls believers to "see to it" — to watch over one another? What might that look like in our church or group?
4. What's the difference between appropriate constructive feedback and negativity? How can you tell which one you're offering?
5. Ephesians 4:29–31 says to speak what "builds others up." What are some practical ways to apply that in church conversations, meetings, or even family life?
6. Why do you think negativity and gratitude can't coexist?
7. This week, what's one way you can guard your heart, mouth, or attitude from negativity? Be specific.

CLOSE IN PRAYER

As a group, take time to pray with one another.