

Message Series: I'm Okay, I'm Okay...Everything's Fine

Message Title: Discontentment

Last week we looked at praise and how it recognizes God for who he is and therefore extinguishes anxiety. On the other hand, thanksgiving is remembering all that God has done for us, and thanksgiving is how we fight discontentment.

Read **Psalm 34** aloud together. In this Psalm David says that, *"I sought the Lord and he answered me."* Share a story with your group of a time where you feel that God answered you. What were your feelings when God answered that prayer or came through in your circumstances?

Though thanksgiving is the simple act of remembering, it can still be challenging for us to get our hearts to that place. Especially when our hearts are hardened and bitter, we have the inability to see or remember what God has done in our life. If we are to fight for thanksgiving, we have to understand the subtle differences in praise and thanksgiving.

PRAISE VS. THANKSGIVING

- **Praise** recognizes God for who he is while **thanksgiving** remembers what he has done.
- **Praise** focus more soon the nature of God while **thanksgiving** focuses more on the activity of God.
- **Praise** inspires holiness and awe, while **thanksgiving** inspires closeness and joy.

What are the obstacles in your life to being thankful? How would you explain in your own words how praise and thanksgiving are different?

Which is louder in your life: discontentment or thanksgiving? How do you fight for thanksgiving and against discontentment in your life?

Talk about the words "happiness" and "joy" - are these the same or do they mean something different to you?

How can you keep the blessings in your life that you have gotten familiar with (spouse, career, friends/family) fresh in your mind?

Optional

This week, set aside 5-10 minutes at the start of each day to remember, return, and right-size all the things in your life that you have to be thankful for. Use this to fuel your joy throughout the day!