

# Georgetown Small Group Discussion Guide

December 4, 2016

(The next discussion guide will be available on January 8)

## *Cultivating A Grateful Heart*

1. To set the stage for your discussion, read Ephesians 5:15-20; Colossians 3:15-17; I Thessalonians 5:16-18. What common themes do you see here?
2. One of the mysteries of our culture is that we are among the most privileged and prosperous people in the world and yet many Americans are not content. By any measure of affluence, (healthcare, technology, transportation, the stuff we own, the vacations we take, etc.), our lifestyle is so much greater than the vast majority of the world's population. We have more of everything and yet our abundance seems only to produce within us as Americans a desire for more. To what degree is this true for you? Why is this? Why is it so hard to be content with what we have?
3. A related question is this: Why is it so hard for us to be grateful? Do you remember the story of the car give-away on the Oprah Winfrey show a number of years ago? What are the things in our society and in our lives that conspire against gratitude?
4. How does Deuteronomy 8:17,18 address the previous question?
5. Read Hebrews 13:5 and Luke 12:15. Studies have shown that those who have less are often more content than those who have more. What is the secret of true contentment?
6. Perhaps what we need is to reorient our focus from what we don't have to what we do have. Take a moment and think about the blessings you enjoy in your life. Spend some time in your group sharing these things with each other.
7. What are some concrete steps you might take to find greater satisfaction and contentment with the blessings you presently have?
8. One of the greatest challenges we face is the idea imbedded within us in our American culture that life is all about us. But self-centered living produces little real fulfillment. Empirical research has repeatedly shown that money and things do not bring any greater sense of purpose, or meaning, or satisfaction to our lives. Read again Luke 12:15. Then read Jesus words in Matthew 10:39. Real fulfillment comes when we invest ourselves in service to God and others. Have you discovered this? How? Share from your experiences, if you are able.
9. One of the central teachings of the Bible is that you have been blessed to be a blessing to others. How are you presently doing this? How might you do this together as a small group?
10. What do you hear God saying to you through this study?