

# OVERFLOW

## The Fruit of a Grateful Life

11.07.2021

ATTITUDE OF GRATITUDE

Discussion Guide

### BIG IDEA

Although the world around us seems unstable, the Kingdom of God can't be shaken. When we anchor our lives in Jesus, we can seek to move past our limits and live in an overflow of gratitude that blesses the lives of those around us. Pastor Daniel describes five reasons to pursue an attitude of gratitude: It is God's will, it shifts our focus, it yields contentment, it postures our heart, and it invites God's presence and peace.

### SCRIPTURES USED IN THE MESSAGE

- Hebrews 12:28
- 1 Thessalonians 5:18 (NLT)
- Romans 8:28
- Deuteronomy 31:6
- Psalm 136:1-5
- Philippians 4:4, 11-13
- 1 Corinthians 4:7 (TLB)
- 1 Peter 5:5-6
- Philippians 4:6-7 (ESV)

### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What are some things you are grateful for? Why?
- What does it mean to be an overflow of gratitude? What are some benefits you believe come from living a grateful life?
- How does gratitude shift your focus? Lead to contentment? Posture your heart in a place of humility?
- How is it possible to be grateful in all things, even when you or a loved one is suffering? How can you still practice gratitude in the times when blessings have become burdens?
- How would it change us, the church, and the community if we chose to live with an overflow of gratitude?
- In what ways will you go beyond your limits by relying on God during this season?

### APPLICATION IDEAS

Suggested next steps to take as a group or individuals with group support.

- Take time to intentionally find things to be grateful for this week. Consider starting a daily gratitude journal.
- Practice gratitude towards others this week (get creative).

### PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Ask God to show you areas in your life that could use a little more gratitude.

### LEADER TIPS

- Think of reasons you are grateful for each of your members. Connect with each of them this week and let them know you are grateful for them and why (be specific).