

Say What?

First World Problems (Week 4)

LifeNotes

TALK IT OVER

Main Idea

Gratitude is the antidote to a discontented soul.

Key Scriptures

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18

Complaining reveals the discontented sickness of our souls.

Signs of a discontented soul:

1. When I focus on what could have been rather than what is.
2. When I fixate on the negative even in the midst of positive experiences.
3. When I quickly leap to the wrong I see in others.

Thanksgiving in the midst of pain reaffirms God's reign and rule.

Start talking.

- What are some of your own examples of #firstworldproblems?
- What are some of your "go to" weekly complaints?
- What drives you crazy about people that consistently complain?

Start thinking.

- How does complaining negatively impact your brain function?
- Joel mentioned that complaining is like second-hand smoke. Being around people that complain can impact you. How have you seen that proved true?
- Read 1 Thessalonians 5:18. How does "thanks" become an act of worship?
- Why is it instructive that the Apostle Paul said, "in", not, "for"?
- How does offering thanksgiving reaffirm God's reign and rule?
- How does not understanding God's will for us lead to greater complaining?

Start sharing.

- Which of the three signs of a discontented soul do you identify with most?
- Which portions of the verse are most difficult for you to live out?
- Why does God want you—specifically you—to give thanks?

Start doing.

- Take the 7-day challenge. For the next week begin every morning listing at least three things you are thankful for that day. Each day must be a different set of three.

Closing prayer.

Dear Jesus, I confess I so easily get sucked into complaining about a multitude of things in my life. Give me the confidence and courage to choose thanksgiving and gratitude in all circumstances. Help me rewire my responses; no longer focusing on what could be, but rather living in the gratitude for what is. Jesus, heal the discontentment in my soul that I might be a true representative of your joy and gracious love.