



Small Group Curriculum

Topic: GRATITUDE

We live in a society that is adopting an **attitude of entitlement**. Those who feel like everyone owes them and they deserve more or better.

The opposite to an attitude of entitlement is the **virtue of Gratitude**.

It is easier for us to grumble and complain than it is to give thanks.

How many times have we grumbled about our standard of living?

The "Social Progress Index" collates the scores of three main indexes:

1. **Basic Human Needs:** *includes medical care, sanitation, and shelter.*
2. **Wellbeing:** *covers education, access to technology, and life expectancy.*
3. **Opportunity:** *personal rights, freedom of choice, and general tolerance.*

The index adds the three different factors together and gives each nation a score out of 100.

1. Finland - 90.09
2. Canada - 89.49
3. Denmark - 89.39
4. Australia - 89.13

Aussies need to be more thankful for what we have rather than what we don't!

MAKE GRATITUDE YOUR ATTITUDE!

Luke 17:11-18 *As Jesus made his way to Jerusalem, he went along the border between Samaria and Galilee. ¹² He was going into a village when he was met by ten men suffering from a dreaded skin disease. They stood at a distance ¹³ and shouted, “Jesus! Master! Have pity on us!” ¹⁴ Jesus saw them and said to them, “Go and let the priests examine you.” On the way they were made clean. ¹⁵ When one of them saw that he was healed, he came back, praising God in a loud voice. ¹⁶ He threw himself to the ground at Jesus' feet and thanked Him. The man was a Samaritan. ¹⁷ Jesus spoke up, “There were ten who were healed; where are the other nine? ¹⁸ Why is this foreigner the only one who came back to give thanks to God?”*

The other nine walked off and didn't show an attitude of gratitude. Unfortunately, ingratitude has become a way of life for many people.

GRATEFULNESS IS AN ATTITUDE.

“If a fellow isn't thankful for what he's got, he isn't likely going to be thankful for what he's going to get.” – Frank Clark

Question: Will you be the one to stop and show honour and gratitude? Pausing daily to thank God for who He is and for what He has done for us?

Thanksgiving is the act of **expressing gratitude** to God for His blessings.

Psalm 107:1 (NLT) *Give thanks to the Lord, for He is good! His faithful love endures forever.*

Psalm 118:1 (CEV) *Tell the Lord how **thankful you are**, because He is kind and always merciful.*

As we grow as believers, we should identify an attitude of gratitude develop in our lives.

Homework: Write and post a handwritten card or note to thank someone this week.

Group Discussion

1. Discuss any general comments about the teaching on Gratitude.
2. Why is gratitude an important quality in the Christian life?

3. In what ways do you struggle to be thankful?

4. How often during the day do you find yourself grumbling and complaining?

5. As you consider God, what are three aspects of His character that make you thankful?

6. What are three ways you can actively show gratitude to God today?

7. What does it look like to live a life of thankfulness in your heart to God?

Group Prayer / Needs

1. Are there any prayer requests from group members that can be prayed for before closing?
2. Are there any needs that the group can help each other with?
Please discuss.