



Speak Gratefully

WARM UP

**What do you love about living in this area? What is one of your favorite things to do here?**

SET IT UP

Complaining is corrosive and contagious. Complaining steals our joy and actually hardwires our brains to have a more negative view of life. Paul commands the believers in Philippi to “Do everything without grumbling or arguing.” What we need to do is shift our attention from our disappointments to the goodness of God and replace our words of complaint with words of gratitude.

CHAT IT UP

1. **What do the people around you complain about the most?**
2. **On a scale of 1 to 10, share how much you complain in a day. (1 is “Not one complaint” and 10 is “Most of the time.”)**
3. **Luke 17:11-14. What condition did the men have? What did Jesus do?**
4. **Reflect for a moment: What difference did the healing make in the lives of these men?**
5. **What prayer has God answered in your life?**
6. **Read Luke 17:15-19. Are you surprised only one returned to say thank you? Would you be the kind of person who came back to give thanks? Why or why not?**
7. **If someone you knew was trying to stop complaining so much, what advice would you give them?**
8. **Never let the things you want make you forget the things you have. What is your next step to become someone who turns *feelings* of gratitude into *words* of gratitude?**

WRAP IT UP

Don't underestimate the weight of your words. The smallest, seemingly insignificant words have the potential to bring life or death. Never let the things you want make you forget the things you have.

---

## LEADER TIPS

- If your group has been together for awhile considering passing cards around like Mark suggested in the message. Put their name on one side and have each person finish the sentence on the back (“I am thankful for you because...”)
- Print and pass out the Spiritual Discipline Tool “Complaining” to help your group go further this week (found at: [parkerhill.org/toolbox](http://parkerhill.org/toolbox)).