



## Group Discussion Questions

### “Obsessive Gratitude” - Survival 101

#### August 15-16, 2020

#### Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

#### // Bible References

Philippians 3:14-16, 4:4-9

#### // Discussion Questions

1. Where do you see people in our world today continually obsessing over the negative?
2. How do you obsess over the negative of your **past**?
3. How do you obsess over the negative of your **present**?
4. How do you obsess over the negative of your **future**?
5. Now narrow it down. What is the *one big thing* that you are always complaining about or arguing over?
6. In this area of your life, what are some related things that you can be *grateful* for? (For example, if the “one big thing” is your job, what is it about your job that you *are* grateful for? What does it provide? Or if it is because you lost your job, what do you *still have* that you are grateful for?)
7. Read **Philippians 4:8**. How might focusing on the good things in your life, and “thinking about such things,” help you in your life, despite your circumstances?
8. Are you willing to accept Ben’s challenge of cataloguing what is good in your life to God each day this week?
9. How can this group support you in this challenge, or in any other way, this week?