

LifeGroup Study SheetMarch 2nd, 2025 – Holy Habits – Gratitude

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

Have you ever noticed certain things or situations make you feel ungrateful? One of the quickest ways for our hearts to turn into an ungrateful state is playing the “comparison game.” Why is gratitude an important quality that Christ wants us to have? In what ways do you struggle to be thankful?

Digging In

Question 1: Read Luke 17:11-19. In this passage we see 10 different lepers approach Jesus. All 10 of them are cleansed from their sickness, but only one of them returns to thank Jesus. Have you ever considered your own “spiritual” uncleanliness before God? Pastor Jeff said the statement, “remember daily we were spiritual lepers.” Jesus knows our spiritual condition, and that our uncleanliness is not just on the outside, but on the inside (**Mark 7:14-15**). Why is it so important for us to understand our spiritual condition for Jesus to help us? When we know our need for cleansing, how do we see Jesus respond to our cries? How has this happened in your own heart and life?

Question 2: Read Luke 17:15-16. Pastor Jeff focused on another way to develop gratitude in our lives. He focused on the one leper who returned and said, “return quickly with praise, worship and thanksgiving.” This man's first response was to come back to Jesus and worship Him. Think back and try to remember a way you saw the Lord answer one of your biggest prayers. Do you remember how you responded after it was answered? How long did it take you to forget what He had done for you? How do you remind yourself of what the Lord has done for you in the past?

Question 3: Read Luke 17:17-19. Like it has been pointed out earlier, one leper returned to Jesus to give thanks. Pastor Jeff asked the question, what is currently killing gratitude in your life today? One of those things is entitlement. Have you ever felt entitled for the Lord to do something for you? Why is that spirit contrary to what scripture teaches about who we should be as Christ-followers? What about a spirit of complaining? **Exodus 16:8 and Psalm 106:25** show us that complaining is a spiritual issue against God! How does your heart lean towards this spirit daily? How can you kill a complaining spirit with gratitude?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?