

# TAKEAWAY

## HEALTHY HOUSEHOLDS



### Part Four: Gratitude

*At Maybridge we want to be a church of disciples who make disciples – we hope this takeaway session encourages practical outcomes in the lives of the individuals in your group. The focus of group discussion should be on becoming ‘doers of the word’ and not just hearers or people who enjoy a good discussion!*

As always, there are more questions and discussion prompts than you’ll have time for, so feel free to use what is helpful for your group as time allows and discussion flows.

### INTRODUCTION

Over this series, we’re thinking practically about what following and building our habits around Jesus looks like in community across a few different key areas of life. In this session, we begin thinking about the practice of gratitude.

### SHARE

- How did you get on with Try Outs from last week? Share how you got on in the week balancing rest and serving others...
- When you hear the word gratitude, what comes to mind first—a feeling, a discipline, or an obligation? Why?

### READ

**Luke 17:11-19**

### DISCUSS

What is the ten men’s attitude towards Jesus before and then after they were healed? How does Jesus respond to them?

Luke (the author) makes a point of highlighting the one man who returns is a Samaritan. All of the ten all receive the same miracle, however only one returns to thank Jesus. How does the Samaritan respond? Why is it significant only the outsider recognised the giver?

On Sunday we unpacked a few points from this passage:

#### **1. “In Jesus we receive grace even if we don’t recognise grace.”**

- What does this teach us about God’s character?
- What’s one small thing this week that brought you joy but might have gone unnoticed?

#### **2. Gratitude is the way we turn “wow into worship.” What does that mean practically?**

- How does gratitude turn the amazed man’s attitude into worship?
- How might gratitude change our own ‘wonder’ into worship? What about our attitude towards our circumstances and God?
- What’s the difference between believing Jesus is someone special who can do something for you and having a relationship with Him?

#### **3. Gratitude protects us from entitled spiritual amnesia**

- What are some moments in your life where success or relief made gratitude fade more quickly than you expected?
- Where are you most tempted toward entitlement in your life right now? (Work? Health? Relationships? Church? Comfort?) How might gratitude change your perspective and protect us from entitlement and “spiritual amnesia”?

## DISCUSS

The Greek word for 'well' used in this passage is *sesōken* can be translated as 'save' (not just healed or well). How does this change how the grateful man's response? What does this mean for the Samaritan man?

Why do you think those who feel they 'least deserve grace' often grasp it most clearly?  
Is it possible to be morally upright, religious, and yet fundamentally ungrateful toward God?  
What might that look like?

Activist Mary Davis writes: *'The more grateful I am, the more beauty I see.'* In what ways can you practically make gratitude an everyday habit? (*Make a note for try outs this week!*)

How might gratitude help us 'fight' the culture of consumerism in the world today?

## TRY OUT

- What is one practical habit you could begin this week to help you grow gratitude? You could try:
  - Keeping a gratitude journal for each day this week.
  - Finding a structured prayer (like an Examen) to help you give thanks.
  - Committing to verbally thank others or limiting complaints.Share how it changes your attitude and impact on your week next time...

## PRAY

Share in prayer the things that you are grateful for and give thanks to the Lord.