

Gratitude Shift

November 8-9

Gratitude Killers

1. GRATITUDE FLOWS FROM A GUARDED HEART.

"Above all else, guard your heart, for everything you do flows from it," (Proverbs 4:23).

"A good person brings good things out of the good stored up in their heart, and an evil person brings evil things out of the evil stored up in their heart. For the mouth speaks what the heart is full of," (Luke 6:45).

2. BE ON GUARD AGAINST THESE GRATITUDE KILLERS:

ENTITLEMENT

Entitlement is the belief that I am inherently deserving of privileges or special treatment.

¹⁷ You may say to yourself, "My power and the strength of my hands have produced this wealth for me." ¹⁸ But remember the Lord your God, for it is He who gives you the ability to produce wealth, and so confirms His covenant, which He swore to your ancestors, as it is today,"
(Deuteronomy 8:17-18).

"Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God," (Matthew 19:24).

*⁷ "Two things I ask of You, Lord;
do not refuse me before I die:
⁸ Keep falsehood and lies far from me;
give me neither poverty nor riches,
but give me only my daily bread.
⁹ Otherwise, I may have too much and disown You
and say, 'Who is the Lord?'
Or I may become poor and steal,
and so dishonor the Name of my God," (Proverbs 30:7-9).*

ENVY

Envy is a feeling of discontent or resentful longing because of someone else's possessions, qualities, or achievements.

"A heart at peace gives life to the body, but envy rots the bones," (Proverbs 14:30).

Group Discussion Questions:

1. What might God be calling you to do to guard your heart against the poisons and pollutants of this world? Are there other poisons you can think of that pollute our gratitude? How can we eliminate the things that taint the wellspring of our heart?

2. Are there any areas of your life where you are struggling with the trap of **Entitlement**? Who do you see as the source of your blessings? How can you take time this week to acknowledge God as the source of your blessings and thank Him for His goodness?
3. Are there any areas of your life where you are struggling with the trap of **Envy**? Instead of comparing your life to others, are there ways you can celebrate someone this week? When we admire something about another person, what are some healthy ways we can respond instead of envy?