



The Antidote To Worry – Week 2

DISCUSSION GUIDE

Overview

In our second message in this series, we will learn how to win over worry. One of the most powerful emotions we can have over worry is gratitude.

Discussion Questions

Having an attitude of gratitude is important on many levels: spiritually, mentally, emotionally, and physiologically. We must remember to acknowledge God as the Source of every gift. **James 1:17** says, “**Every good gift and every perfect gift is from above, and comes down from the Father of lights.**” Upon opening our eyes each day, we can first thank God for the gift of life.

Ungrateful Mindsets:

We want to remain grateful and have attitudes of gratitude, but we need to be aware of what ungratefulness sounds and looks like. Some common ungrateful mindsets:

1. **I want it NOW!**

We are not accustomed to waiting due to the fast paced manner in which society moves. The Bible reminds us we still need to exude patience and wait on the Lord.

Isaiah 40:31 says, “**But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.**” Let us make sure we are not worrying because we want certain things to happen now, rather than in God’s timing.

2. **I deserve MORE!**

Even if God has better in store for us, we should remain grateful for where we are and what we have as we journey towards greater or more. **1 Thessalonians 5:18** says, “**In everything give thanks; for this is the will of God in Christ Jesus for you. In everything, give thanks.**” When you feel you have much and when you feel you have little, thank God.

Three Common Complaints:

1. Complaints about provision

The Children of Israel questioned God's provision. They began craving food other than what the Lord was providing. The root of their complaint was their lack of gratitude toward God's provision.

- How can we be grateful for what God gives us, even if it's something we don't want?
- When was the last time you sat down to count your blessings?

2. Complaints of comparison

"Then Miriam and Aaron spoke against Moses because of the Ethiopian woman whom he had married; for he had married an Ethiopian woman. So they said, 'Has the LORD indeed spoken only through Moses? Has He not spoken through us also?' And the Lord heard it." (Numbers 12:1-2)

The Israelites questioned God's plan. God had elevated Moses to a place of leadership, honor, and respect. His own siblings became jealous and their complaint came from their egos and comparison. Miriam and Aaron never entered the Promised Land and missed their destiny due to their own ingratitude and comparison.

- How can we let go of comparison in our daily lives?
- What are some ways we can practice contentment?
- Do you find yourself to be pessimistic or optimistic when things go wrong?

3. Complaints of unbelief

In **Numbers 13**, we find the Hebrew people on the edge of their destiny. At the Lord's command, Moses chose twelve men to go spy out the Promised Land. Joshua and Caleb led the group across the Jordan River to see if the land was fertile and how hard it would be to conquer. Caleb was full of faith, but the ten others lost sight of God and His promise resulting in the Israelites wanting to kill Moses, appoint a new leader, and return to Egypt. They doubted God's faithfulness and promise.

- Why do we sometimes doubt God's faithfulness?
- How can we change our mindset when we begin to doubt?

Life Challenge

Take time this week to count your blessings. Start each day with thanking God for the gift of life. Throughout each day, think of at least five things for which you are grateful. Praise God from whom all blessings flow!

Prayer

God, we thank You for blessing us so immensely. Please fill our hearts and remind us to remain grateful to You for all that You have done for us and are still doing for us. Give us hearts of contentment and attitudes of gratitude. Amen. Pray for the specific needs of the group.