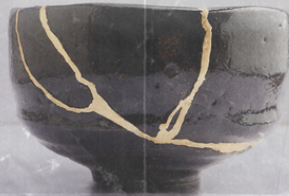


# SERMON WEEK 5

## DISCUSSION GUIDE

### BUILT WHEN BROKEN

A reminder of where we've come from and where we're headed.



Real life

#### One-Minute Recap

**It is hard to be grateful when life is hard.** There is no shortage of hard things to complain about. Still, choosing gratitude when we are broken is one of the pathways toward lasting joy in all circumstances. When we complain, we focus on what's wrong; when we express gratitude, our focus shifts, as does our life.

#### Q + A

1

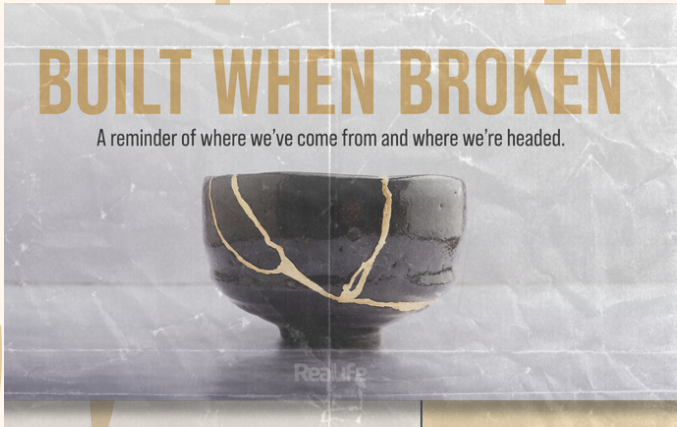
**What do you find yourself complaining about?** Why do you think complaint is much easier than gratitude?

Think of something you complain about regularly and try to think of that thing from a grateful perspective.

*Examples: I hate my job but am grateful to be working. I hate waking up in the morning, but I am so grateful to have another day.*

# LEARN

## READ VERSES OUTLOUD



1

Consider it **pure joy**, my brothers and sisters, **whenever you face trials** of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (Jas 1:2–4)

2

Two are better than one, because they have a good return for their labor:

**If either of them falls down, one can help the other up.**

(Ec 4:9–10)

**The Christian life can be challenging because we are to be people who embrace seasons of trial and testing because of what they produce in us.**

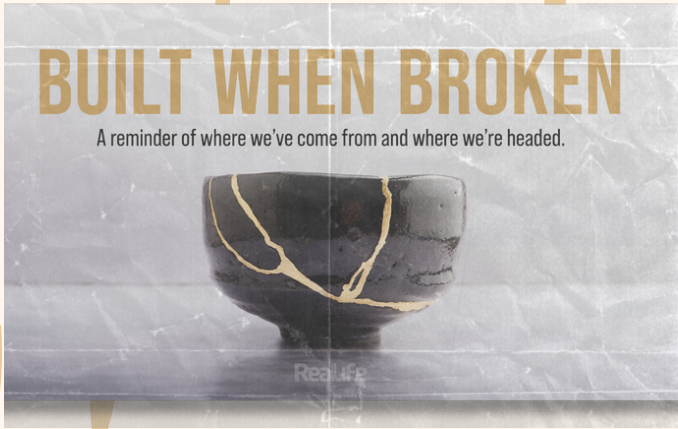
Share a time when you were in a tough season (maybe that's right now). What positive or unexpected changes have you noticed in yourself because of it?

*How supported or connected do you feel in your life?*

*Who do you support in your life? Who can count on you?*

# FOLLOW

## Practice confession



Confession is a gift. It is not something we do to earn grace; it is something we do in a safe community to prove and experience the power of grace.

*Let us then approach God's throne of grace with confidence so that we may receive mercy and find grace to help us in our time of need.*

*Heb 4:16.*



### **FOLLOW PRACTICE**

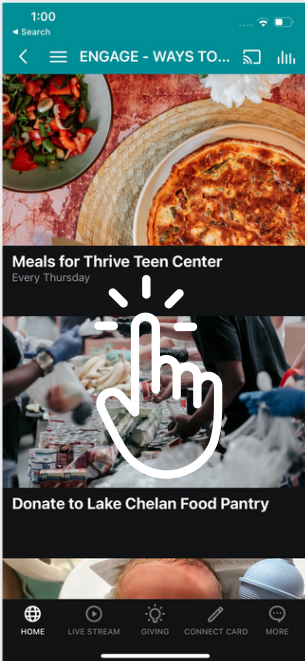
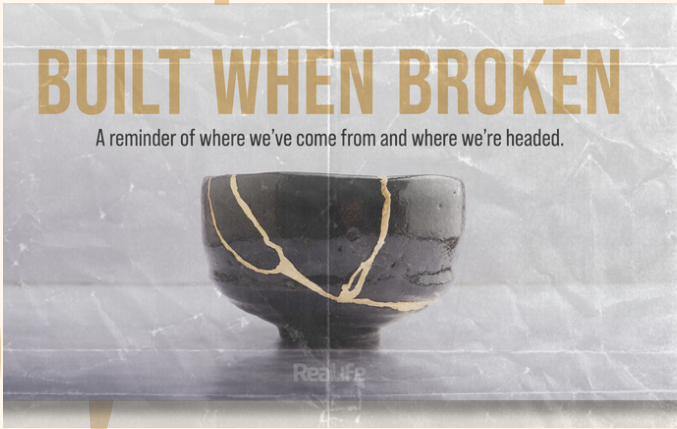
*Reflect on this past week: What is something you complained about that you should have been grateful for? Who did that affect?*

*Confess what it was and who it affected.*

*Pray over each other to experience hearts of gratitude.*

# ENGAGE

serve others



## HAVE YOU ENGAGED THIS MONTH?

One of the most beneficial ways to deal with roadblocks is to serve others and help them in their pain.

**Check out our Engage Page on the app for opportunities to engage with your L.I.F.E. Group**

**CLICK THE PHOTO**  
**DOWNLOAD THE APP**