



## Fresh Start – Growing in Gratitude Towards Each Other

**Icebreaker:** What are you looking forward to in the summer this year?

**Read Together:** Philippians 1:1-11 (NIV)

**Discuss:**

- What is your takeaway regarding what the above scripture says?
- What does the scripture for this section say?
- Describe some of the ways that you rehearse what you don't like about people.

**Read Together:** Philippians 1:3 (NIV), Philippians 1:4 (NIV), Philippians 1:9-11 (NIV)

**Discuss: Growing in Gratitude**

- What are your initial thoughts regarding what the above scriptures say?
- What do the scriptures for this section say?
- **Intentionally look for things to be grateful for in your relationships.**
  - Name a few things you are grateful for in your most difficult relationship.
  - When was the last time you intentionally noted something you are grateful for in your relationships?
- **Pray for the other person.**
  - Do you pray for the person who irritates you?
  - What are some things you think the Lord wants you to pray for the person you struggle with?
  - How do you complain, grumble, nag and nitpick?
  - Do you feel like you just need to share your thoughts and then you will be fine?
  - What things do you pray will change in others so that you will not have to change?

**Read Together:** Philippians 1:6 (NIV), 1 Corinthians 13:7 (ESV), 1 Peter 4:8 (ESV), Philippians 1:8 (NIV), John 13:34 (ESV), 1 John 3:16 (NLT)

**Discuss:**

- What are your initial thoughts regarding what the above scriptures say?
- What do the scriptures for this section say?
- **Choose to believe the best about others.**

- How often do you hear others being encouraged?
- How often do you take time to encourage others?
- **Rehearse Christ's affection towards you.**
  - Do you know who you are in Christ?
  - How does our identity determine our destiny?

**Pray:**

Ask God to show you how He sees the people you struggle with.

Take time to pray for the person who bothers you.

Ask God what He would encourage others with.

Take time to thank God for all the ways He identifies you.