

Message Series: **If You Only Knew...truths that can change your life**

Message Title: **If You Only Knew...**

The Power of Gratitude & The Purpose of Groaning

Teacher: Stephen Mason

Date: Sunday, July 8, 2018

1. Groaning.

- Exodus 2:23-25
- Psalm 6:3-6
- Lamentations 2:19-20

2. Grumbling.

- Exodus 15:24
- Deuteronomy 1:26-27
- Psalm 106:25
- Philippians 2:14
- 1 Corinthians 10:10
- Numbers 11:4-9, 10-15

3. Gratitude.

- Psalm 100
- Every day for a week, make a list of 5 things for which you are grateful before you leave home in the morning

4. Grace.

- Romans 8:22-27
- Psalm 22:1

The Drive Home

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CONNECT:

1. What are the things that you complain about most often and why?

ENGAGE:

1. Groaning. Read Exodus 2:23-25; Psalm 6:3-6; Lamentations 1:21-22.
 - What feelings do these passages describe?
 - To whom are the groans directed?
2. Grumbling. Read Exodus 15:22-24; Deuteronomy 1:26-27.
 - What feelings do these passages describe?
 - To whom is the grumbling directed?
3. Gratitude. Read Psalm 100.
 - What feelings does this passage describe?
 - To whom is the gratitude directed?
4. Grace. Read Romans 8:22-27.
 - Why does creation and humankind groan?
 - What role does the Holy Spirit have in our groaning?

APPLY:

1. Think about the people with whom you interact frequently throughout a given day. How much of the conversation includes grumbling/complaining? How much do you contribute to the grumbling/complaining?
2. Every day for a week make a list of 5 things for which you are grateful before you leave home in the morning.