

PART 2: Start With Gratitude

Challenging circumstances can have a powerful effect on how you view life. But you can choose how to start each day and each interaction.

[PHILIPPIANS 1:1-11](#)

DISCUSS

- Start With Gratitude! What good things are happening in your life and around you? Take a moment and share (or write down) specific things that you are grateful for.
- 80% of our thoughts are negative. 20% are positive. And 95% of our thoughts are repetitive. What thoughts do you need to “take captive”? Paul encourages us to have the same mindset (think) as Jesus. ([Philippians 2:5](#))
- Chris shared in the message to “Stop dwelling on the bad. Start focusing on what God is doing. Join Him.” What is God doing? What keeps you from joining him?
- [Philippians 1:6](#) → Read this verse out loud. What **good work** is God doing in you? Remember: What God is doing in you is greater than what is happening to you!
- [Philippians 1:9](#) → Paul’s prayer for us is that our “love may abound more and more in knowledge and depth of insight.” How have you seen your love grow, deepen, and stretch in your life?

PRAY

Start every prayer this week with gratitude. Focus your gratitude on a good God who is doing a good work in and through you.