

# DISCUSSIONNOTES

7.21.19



*"To be happy with people who are happy is one of the keys to lasting, loving relationships."* Read **Romans 12:15**. Have you ever given this verse some thought? Why might this verse be tough to follow? Is this verse important and something we need to follow?

Read **James 3:14-16**. We see unfair comparisons in many areas of life. In what areas do you find yourself comparing? Why? Discuss. Then ask the group: why are comparisons so dangerous? What did Jesus teach His disciples about comparing? Explain.

If your friend or family member was complaining to you about comparisons between someone else and their own life, what would you tell them and why? Do you fall into that trap and complain and compare too? Or do you counter it with godly wisdom? Read **Titus 3:3** and **Galatians 5:26**. What are some ways we can show contentment in conversation without sounding conceited or boastful?

*"When you pray for God to bless others, you will be blessed as an overflow of your prayer."* Read **1 Thessalonians 5:11**. What happens when you pray even though it's hard sometimes and you don't feel like it? Prayer shifts your focus and thoughts. Explain a time where you noticed things changed and weren't so bad after you prayed. Then read **1 Thessalonians 5:18**. Jamie said, *"You can compare yourself to others and be miserable. Or you can say, 'I've got it good. I have so many blessings. I am so grateful.' And people are attracted to a grateful person."* Why is that verse important to remember? What happens if you don't have a right and thankful attitude?

Read **Philippians 2:14-15**. I'm sure we all know someone who has a sour attitude and complains all the time. This person is the person who always has 'a problem for every solution.' Envy rots the bones, destroys personalities, and alienates friends. Encouragement builds bridges and enriches relationships. Zig Ziglar said, *"Be grateful for what you have and stop complaining - it bores everybody else, does you no good, and doesn't solve any problems."* How have you seen this in others and your own lives?

Close by reading **John 21:22**. This verse shows us to stop concerning ourselves with other people and focus on our own relationship with Jesus. Encourage others, be thankful and focus on yourself! Ask God to help you have a grateful attitude this week and to encourage and build people up!