

WEST RIDGE GROUPS

Group Member Discussion Guide

Week of November 23, 2025

CHECK-IN (~20 minutes)

How was your week? What was the high part of your week? What was the low part of your week? What can we celebrate together?

MESSAGE SUMMARY

This week, we begin a new teaching series entitled *Grateful*. Pastor Brian taught that gratitude has immense spiritual and physical power, shaping our peace, mindset, and closeness to God, because God created us to live with thankful hearts. Ingratitude began in the Garden of Eden when humanity shifted focus from God's abundant provision to the one thing they lacked, producing comparison, envy, and entitlement. Scripture shows that gratitude restores faith, aligns believers with God's will, draws them near to His presence, and reflects the heart of Jesus Himself. Pastor Brian gave us practical tools, such as gratitude walks, journaling, and expressing thanks to help cultivate a lifestyle of gratitude that transforms hearts and prepares believers for eternity.

GROUP DISCUSSION (~50 minutes)

1. What did you find compelling or challenging about the message this week? Share your thoughts with the group.
2. **Read Philippians 4:6-7**
In these verses, Paul teaches that thanksgiving activates supernatural peace and guards our hearts and minds. Why do you think gratitude is so powerful for both emotional and spiritual health?
3. **Read Genesis 3:1-7**
In what ways do you see the "Garden of Eden pattern" in your own life - focusing on what you lack instead of God's abundance?
4. **Read James 1:17**
How does practicing gratitude help strengthen your faith and anchor your hope in God rather than in yourself or your circumstances?
5. **Read Psalm 100:4; Luke 10:21; John 11:41**
How does gratitude draw us closer to God and reflect the heart of Jesus, especially when we thank Him before we see answers?

WRAP-UP (~10 minutes)

It is important to be growing in our relationship with Jesus and one another - what is one next step you can take this week to grow? Share with the group and commit to holding one another accountable.

What does it look like to hold each other accountable? It can be as simple as a text or phone call during the week. Hebrews 10:25 encourages us to meet regularly and to encourage one another on a regular basis.

Example: "Hey _____, you indicated in group this week that you were struggling at work with being light in a dark place. You said that your next step was to start a conversation with someone at work this week around the topic of faith. How did that go?"

PERSONAL NOTES

This week, my next step is:

This week I am going to check in on (name):

This week, my Bible reading will be (e.g. Philippians chapters 1-4):