

Discussion Guide

May 10, 2026

Just Be Grateful

No Ordinary Faith: Week 2

Pastor Jackie Groves

Main Idea

Gratitude is easy in good seasons, but much harder in grief, disappointment, and pain. This message reminds us that gratitude and sorrow can coexist—just as they did in Jesus in the Garden of Gethsemane. The goal isn't to ignore grief, but to give it space without letting it take over. Grief may have a season, but gratitude must remain the foundation that sustains our faith and keeps our focus on God's goodness.

Achor Verse: *"Now all glory to God, who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think."* (Ephesians 3:20, NLT).

Read: Ephesians 3:20-21 & 1 Thessalonians 5:18, Matthew 26:37-39, 42 & Matthew 17:20

1. **Daily Step #1: PRAY to Combat Anxiousness**

God never intended for us to carry anxiety alone. Prayer is an ongoing conversation with a caring Father who invites us to bring Him every burden and, in return, gives us His peace.

Scripture: Philippians 4:6-7 and John 15:7

Discussion: When anxiety or stress rises in your life, what is your natural first response—and how can prayer become your first response instead? What keeps you from being honest and consistent with God in prayer, and what would it look like to "pray without ceasing" in your current season?

2. **Daily Step #2: Praise BEFORE You See the Breakthrough**

Praise is a choice to trust God before the answer comes. When we praise God in the waiting, we strengthen our faith, remind ourselves of His power, and anchor our confidence in His goodness and victory.

Scripture: Ephesians 3:20-21, Psalm 34:1, Psalm 27:13-14, and 1 Corinthians 15:57

Discussion: Why is it often difficult to praise God before the breakthrough instead of after it? What negative thoughts or “defeat statements” do you tend to repeat, and what truth from God’s Word can you begin declaring instead?

3. Daily Step #3: Make Daily Declarations of HOPE Instead of Confirmations of Defeat

What we repeatedly speak shapes what we believe. Instead of agreeing with defeat or letting feelings define us, God calls us to declare His Word daily and anchor ourselves in His truth, strength, and promises.

Scripture: Lamentations 3:23, Isaiah 40:29, Exodus 14:14, Psalm 147:3, Jeremiah 29:11, Philippians 4:19, Romans 8:28

Discussion: When you’re struggling, do your words usually reflect your feelings or God’s promises? Why? What is one truth from God’s Word you need to start declaring over your life in this season?

You can SIT in how you FEEL, or you can STAND on the Word and receive NEW strength.

SUMMARY

Gratitude is not the absence of grief, disappointment, or struggle—it is the decision to keep trusting God in the middle of it. This message reminds us that gratitude and sorrow can coexist, just as they did in Jesus, and that while grief may have a place in our lives, it must never take the lead. Through prayer, praise, and daily declarations of God’s promises, we can combat anxiety, strengthen our faith while we wait, and keep our hearts anchored in hope, trusting that God is faithful and still at work in every season.

CALL TO ACTION

Pray First, Not Last: When anxiety, disappointment, or stress rises this week, make prayer your first response instead of your last resort. Bring your specific needs to God and invite His peace into the situation.

Choose Praise in the Waiting: Before you see the answer or breakthrough, intentionally praise God every day for who He is and what He is able to do. Let praise strengthen your faith while you wait.

Speak Hope Daily: Start each morning by declaring one promise from God’s Word over your life instead of agreeing with fear, defeat, or your emotions. Let His truth shape your perspective and your faith.

GROUP LEADER RESOURCE

High / Low / Grateful

Go around the group and have each person share these three things (keep it to about 1 minute each):

- High — What's one good thing that happened this week?
- Low — What's one hard, frustrating, or disappointing thing you faced this week?
- Grateful — In the middle of it all, what is one thing you're still thankful for?

Why it works:

This sets up the heart of the message immediately—helping everyone see that gratitude and grief, joy and struggle, can exist at the same time. It creates vulnerability, honesty, and naturally opens the door into deeper discussion.