Hope City

Discussion Guide

November 15, 2026

I'm Setting the Standard

Grateful Not Grumpy | Week 1

Pastor Daniel Groves

Main Idea

Gratitude is not simply an emotion we experience when life is going well; it is a decision to recognize God's goodness in every season. We cannot control every circumstance or another person's attitude, but we can take responsibility for our own response. In Luke 17, one of ten men healed by Jesus returned to give thanks, reminding us not to become so focused on what we still need that we forget what God has already done. A grateful life notices His faithfulness, expresses thanks, and responds with joyful obedience and generosity.

Anchor Verse: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18 NIV

Read: Luke 17:12–17

1. CHOOSE GRATITUDE AND SET THE STANDARD

Pastor Daniel reminded us that we can have plenty to be thankful for and still find reasons to complain. Gratitude does not require every circumstance to be good. First Thessalonians calls us to give thanks in all circumstances, not to pretend every circumstance is good. Because gratitude is a decision, we can choose kindness, patience, and peace even when someone else is frustrated. We do not have to match the attitude around us. Setting the standard begins with taking responsibility for what happens within us.

Scripture: 1 Thessalonians 5:18 NIV; Philippians 2:14 NIV

Discussion:

1. When have you allowed someone's mood or one difficult moment to affect the rest of your day?

2. What is the difference between giving thanks in a hard circumstance and pretending that nothing is wrong?

3. Where could you choose a more grateful response this week instead of matching someone else's frustration?

2. REMEMBER WHAT GOD HAS ALREADY DONE

In Luke 17, ten men with leprosy cried out to Jesus, and all ten were healed as they obeyed His instruction to go to the priests. Yet only one returned to praise God and thank Jesus. The story challenges us to notice the blessings we may have started taking for granted. It is possible to keep asking God for the next opportunity, answer, or breakthrough while forgetting to acknowledge the ways He has already been faithful.

Pastor Daniel called us to make gratitude intentional. Complaining can become our default response, but thanksgiving changes what we notice. We can look back on answered prayers, thank God while we are still waiting, and express gratitude to people who have encouraged or helped us. Gratitude that is never expressed can easily become gratitude that is forgotten.

Scripture: Luke 17:12–17 NIV/NLT (as cited in sermon); Philippians 2:14 NIV

Discussion:

1. Which blessing in your life is easy to overlook because it has become familiar?

2. What stands out to you about the one man who returned to thank Jesus?

3. Is there an answered prayer you have moved past without taking time to thank God?

4. Who has made a difference in your life that you could thank this week?

3. LET GRATITUDE SHAPE YOUR OBEDIENCE AND GENEROSITY

Gratitude goes beyond the words we say. It shapes how we respond to God's Word and how we use what He has entrusted to us. Pastor Daniel connected thankfulness to Hope City's mission and invited the church to prayerfully consider participating in Hope for the House. Second Corinthians 9:7 teaches that giving is a personal, willing decision, not something done under pressure. A grateful heart can see generosity as an opportunity to take part in what God is doing.

Joshua declared that he and his household would serve the Lord. We can make that same kind of intentional decision about our attitudes, our service, and our giving. We do not have to wait for someone else to lead with kindness or gratitude. We can set the standard, beginning with ourselves, as we thank God for what He has done and trust Him with what comes next.

Scripture: 2 Corinthians 9:7 NLT; Joshua 24:15 NIV

Discussion:

1. How does recognizing God's faithfulness affect the way you think about giving or serving?

2. What would it look like to participate in God's work with a willing heart rather than a sense of pressure?
3. Where is God inviting you to set the standard in your home, workplace, or relationships?

GRATITUDE ISN'T JUST A FEELING.
IT'S A DECISION!

SUMMARY

Gratitude is not the absence of difficulty; it is the decision to recognize God's goodness even in difficulty. We cannot choose everything that happens to us, but we can choose not to let every frustration determine our attitude. The Samaritan who returned to Jesus shows us that gratitude requires us to stop, notice, and express thanks. We remember answered prayers instead of becoming consumed by the next thing we want God to do.

As gratitude takes root, it changes our relationships and our obedience. We can thank people who have helped us, speak with kindness when others are irritated, and give or serve with joy rather than pressure. We set the standard by making a personal choice to honor God with our attitudes and actions.

CALL TO ACTION

Choose gratitude: Identify one recurring frustration and decide how you will respond differently when it happens this week.

Remember God's faithfulness: Write down three ways God has cared for you or answered prayer. Take a moment to thank Him for each one.

Express it: Thank one person who has encouraged, served, or supported you. Be specific about the difference they made.

Take a step of obedience: Pray about one way to serve or give with a willing heart. If Hope City is your church home, prayerfully consider your part in Hope for the House; the unified giving weekend is December 5–6, 2026, with participation possible through December 31.

Prayer: Lord, thank You for Your goodness and faithfulness in every season. Forgive me for the times I have focused more on frustration than on Your blessings. Help me respond with patience, recognize what You have already done, and express my gratitude through kindness, obedience, and generosity. Let me set the standard, starting with me. Amen.

GROUP LEADER RESOURCE

THE GRATITUDE RESET

Purpose: Help the group notice how quickly complaints can shape our perspective and practice choosing and expressing gratitude instead.

What You Need: Paper or index cards and pens. Allow about 8–10 minutes.

How to Play: Invite each person to write down one everyday complaint, such as traffic, chores, or a busy schedule. Give everyone thirty seconds to turn that complaint into a specific reason for gratitude without denying the difficulty. For example, a busy workday may also point to a job or an opportunity to serve. Pair up and share the complaint and the gratitude reset. Next, have each person name one person they can thank this week and write a short sentence they could say to them. Invite a few volunteers to share their reset.

Transition: Pastor Daniel challenged us not to let frustration erase the ways God has already been faithful. The one healed man returned to Jesus with thanks. This week, we can choose to notice God's goodness and express our gratitude.

Leader Closing Question: What's one situation where you want to set the standard with gratitude this week?

Leader Note: Keep the activity light and honest. Do not pressure anyone to call a painful or unjust circumstance good. The point is to practice noticing God's faithfulness and choosing a thoughtful response, not to dismiss someone's struggle.