



SERMON DISCUSSION LEADER'S GUIDE

Gratitude | Dave Cover | October 12, 2025

Experiments Review

- How did it go? What was challenging?
- What did you learn? About yourself and about God?
- What would you like to incorporate into your life going forward?

Sermon Discussion

Read Exodus 14:31 & 16:1-2:

“And when the Israelites saw the mighty hand of the LORD displayed against the Egyptians, the people feared the LORD and put their trust in him and in Moses his servant.” – 14:31

“... On the fifteenth day of the second month after they had come out of Egypt. In the desert the whole community grumbled against Moses and Aaron.” – Ex. 16:1-2

1. **Grumble vs. Gratitude:** Dave recounts Israel's journey from slavery to freedom, going from worship of YHWH for his provision (Ex 14:31) to six mentions of “grumbling” (Ex 16:1–12).

Where do you see that same slide in your week—from “God, thank you” to “not enough”? Are there specific patterns, habits, or areas of your life that tend to lead you to grumbling?

2. **Hardened vs. Softened heart:** Dave connected our grumbling to our hardened hearts and compared it to the bible's call of humility, or a softened heart.

What is the difference between a hardened heart and softened heart?



Hebrews 3 warns, “Today...do not harden your hearts.” Time for a check-up, what is the state of your heart? Knowing we aren’t called to be perfect, but to walk faithfully with Jesus who is our example of a softened heart, how would you categorize the state of your heart? What practices soften your heart quickly? What hardens it quickly?

Read Philippians 4:6–7

“Do not be anxious about anything, but in everything, **by prayer and petition, with thanksgiving**, present your requests to God. And the **peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

- 3. Awareness leads to peace:** Paul doesn’t deny anxiety; he gives us a path *through* it. “*With thanksgiving*” isn’t a throwaway phrase—it’s the doorway to peace. As John Piper says, “*God is always doing 10,000 things in your life, and you may be aware of three of them.*” Gratitude wakes us up to those “three,” even when life is still hard.

Think about where anxiety tends to show up first for you—mind, body, or behavior—and what your default response is. In your next anxious moment, what would “*with thanksgiving*” look like before or alongside that moment?

- 4. Gratitude in practice:** Dave said that sharing gratitude out loud is the “secret sauce” to all of this, stating that it causes our experience of God to pop.

Read: Colossians 1:12-14

“And giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sin.s”

Name 3 aspects of God’s character you’re thankful for (e.g., near, wise, sovereign) and 3 works of God you noticed this week (small is fine).



What do you enjoy about your work (people served, craft, calling)? What would it look like to do your work “without grumbling” this week?

Where do you most often complain about family? Now name 2–3 things you’re thankful for in one family member.

Name 1–2 people in your life who’ve blessed you. What are you thankful for in them?

Sharing and Prayer

Take the answers from above and spend some time being thankful for what God has done in and around the lives of your group members. If you need further prompts try these;

- Pray Philippians 4:6–7 over specific anxieties as a group (with thanksgiving).
- Round-robin “sentence prayers” of thanksgiving (one attribute of God + one gift received this week)

What to practice for next time...

- Week of 10/12 – Gratitude
- Week of 10/19 – Service

To access a digital copy of the experiments, use this QR code.

