

A Better Me in 2023

Elaine Fisher

Review

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Key Scriptures: Luke 17:11–19; Psalm 53:5

Discuss

1. When Pastor Elaine asked if you want to be fitter and happier this year, what thoughts went through your mind?
2. How would you describe gratitude?
3. When you think of someone with an “attitude of gratitude,” who comes to mind? What about them embodies gratitude?
4. Do you feel gratitude comes more naturally for some than others? Why or why not?
5. How is doubt the opposite of gratitude?
6. How could doubt deprive us from deliverance?
7. Can you think of an example in your life where you were like the healed man who returned to thank Jesus (Luke 17:15–16)? If you are comfortable, share what happened.
8. Pastor Elaine said, “Gratitude unshackles us from toxic emotions.” What do you think she meant by this, and how would this look in practice?
9. How can we practice gratitude when we are going through difficult times?
10. What is the Holy Spirit saying to you through this message?

Takeaway

As we conclude, remember the following:

- Obedience opens the door to God’s miraculous power.
- Gratitude unshackles us from toxic emotions.

Prayer

Heavenly Father, thank You for being the God who heals us physically, emotionally, mentally, and spiritually. There is nothing we face that You can’t handle. We choose to live

in a place of gratitude. Help us by Your precious Holy Spirit to remember Your goodness every day. We commit 2023 to You, and we ask that this year would be one of gratitude and healing. In Jesus' name we pray, Amen.

Leader Tip

Your first group meeting is a time to set the expectations. Start by letting your group know there is a clear start and stop time. Share with them your vision for the group and how you pray the group will grow in their relationships with God and each other in the coming weeks. Setting your vision will help you stay focused and meet your group goals.

Group Dynamics Idea

Gateway's First Conference is a great opportunity to connect with God and each other. Consider attending the conference with your group. You can even meet up at a restaurant beforehand to share dinner together. Get all the details for First Conference at gatewaypeople.com/first.