

Sunday Sermon Series: *Growing Useful Character*

Message Summary: Living in this world is hard. Life is filled with challenges, disappointment and pain. How do we not become cynical, pessimistic people? How do we not become calloused – hard- hearted – negative individuals, living in such a broken environment like this world? Evil is all around us. Pain is everywhere. The level of frustration we have endured feels like an all-time high. How does all this not get on us...or get in us? Today, we look at how we develop the character quality of optimism which is full of hope and a belief that something good will always happen.

Growing Useful Character part 4

Develop Optimism to be Useful

- 1. Practice gratitude in all circumstances** 1 Thessalonians 5:18
- 2. Practice gratitude as a representative of Jesus** Colossians 3:17
- 3. Practice gratitude for others** Philippians 1:3
- 4. Practice gratitude for your eternity** Hebrews 12:28
- 5. Practice gratitude in your pain** Psalm 50:14
- 6. Practice gratitude in your worship** Colossians 3:16

LifeGroup Questions: *Fall Season of LifeGroups BEGIN Sept.13th*

BEGIN IT- (5 minutes) Praise & pray that God leads the study.

OPEN IT – (10 minutes) Discuss your own optimism. Are you generally an optimistic person? Do you struggle with negativity? Explain.

EXPLORE IT- (60 minutes)

1. Do you see optimism as a character quality? Go back and discuss the definition.
2. Discuss how gratitude builds optimism in our lives.
3. Discuss each of the 6 ways we can practice gratitude. Talk about the struggles with each one. Talk about the benefits of each one.

APPLY IT- (15 minutes) Share how God is speaking to you about being more thankful so you can grow in becoming more optimistic.