

CAC LIFE GROUP DISCUSSION GUIDE

This Time Next Year: Gratitude - February 8, 2026

Big Idea: Gratitude Connects You to the Giver

Ice Breaker: What's a small convenience you rely on every day that you'd really miss if it disappeared tomorrow?

Key Points

Take a few minutes to review the main ideas from this week's message.

- Gratitude connects us to the Giver, not just the gift
- Our tendency toward gratitude is shaped by both wiring (nature) and experience (nurture)
- Gratitude is like a muscle—it grows stronger with practice
- It is good to practice immediate gratitude, public gratitude, and expressing gratitude humbly
- We can use foreign experiences and relationships as learning opportunities and to increase our gratitude
- Gratitude deepens our relationship with God and brings soul-level healing

Discussion Questions

- What was your biggest takeaway? What stuck out to you the most or moved you on a personal level?
- Did anything bother you? What questions did you have?

Making It Personal

- When did someone thank you in a meaningful way, that meant a lot to you?
- Why do you think gratitude can be so difficult, even when good things happen?
- Which part of the story do you relate to more—the nine who moved on, or the one who returned? Why?
- Who in your life models gratitude well, and what can you learn from them?
- How might being in a “borderland” - an unfamiliar, messy, or uncertain season – make gratitude either harder or more noticeable?
- What tends to distract you from returning to the Giver after receiving a gift?

Scripture Review

Read or revisit the primary passage from the sermon together.

Luke 17:11–19

- Why do you think only one returned to thank Jesus?
- What was the added benefit of the one that did return?
- Why do you think it was mentioned that the one who returned was a Samaritan?

Diving Deeper

Explore additional passages that connect to this week's theme.

- **Old Testament:** 1 Samuel 12:24, Psalm 78:4, Psalm 103:2, Psalm 107:1, Proverbs 11:25, Lamentations 3:22–23
- **New Testament:** Romans 6:23, Colossians 3:15–17, 1 Thessalonians 5:18, Hebrews 12:28, James 1:17, Ephesians 5:20

Application & Action

Use these questions to reflect on how gratitude can shape your daily life and your walk with Jesus.

- **Listening to Jesus** As you reflect and pray this week, ask Jesus to bring to mind a person or moment where you have experienced His kindness through someone else. Is there an example you'd be willing to share with the group?
- **Walking with Him** As you go through your normal routines this week, pay attention to the small, daily mercies God provides. What is one ordinary mercy you've noticed recently?
- **Anchoring in His Word** Choose one verse from the *Diving Deeper* section and use it as a daily prayer this week, asking God to shape your heart toward gratitude. What stood out to you from that verse, or why did you choose it?
- **Leaning on His People** The sermon encouraged us to embrace curiosity, especially toward those who feel different or unfamiliar. Who might God be inviting you to learn from or listen to—someone whose perspective could help deepen your gratitude and understanding? What might listening look like in a simple everyday way?
- **Growing in His Likeness** Practice reframing your inner narrative this week. When you catch yourself thinking, "I have to..." how might gratitude reshape that moment? Can anyone share an example where reframing changed how they felt or responded?
- **Action Step** Who in your life have you unintentionally written off because of a label, difference, or assumption? How might Jesus be inviting you to see their humanity rather than their stigma? Take one small action this week to restore dignity in someone else's life—a modern-day "leper"—by listening longer, speaking life, or extending grace where it's least expected.

Simple Practice for the Week

This week, choose one gratitude practice to focus on—naming daily mercies, saying it out loud, reframing your narrative, or embracing curiosity. Then take one small, intentional step each day to practice it, paying attention to how gratitude begins to reconnect you to the Giver.

Prayer

Close by praying together. Thank God for His gifts, ask for hearts that return to Him in gratitude, and invite Him to continue healing and shaping your lives over the coming year.