

# VOICES

## The Gratitude Effect

For the last couple of years, feelings of joy and contentment may seem few and far between. But the gateway to contentment may be more accessible than you think.

## Discussion Questions

1. Where would you put yourself on the scale in each of these categories? Why?

|  |   |
|--|---|
| <b>Job Satisfaction • Income Level • Relationships • Life in General</b> |   |
| <b>VERY DISCONTENT</b>   | <b>VERY CONTENT</b>                       |
| (I miss out on everything.)  | (I feel I'm not missing out on anything.) |

2. Would the people closest to you rate you in the same way you rated yourself? Why or why not?
3. How can gratitude help with discontentment? How can gratitude lead to a more peaceful life?
4. What are three things you're thankful for?
5. Read **Philippians 4:12–13** aloud. Keeping in mind Paul wrote this while under house arrest, what key words stand out to you?
6. What is something you can do regularly in order to be more grateful?

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*I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. (Philippians 4:12–13)*