



Introduction:

There is so much going on around us, it can be hard to keep the Main Thing the Main Thing. This month, we'll talk about the Essentials - the key things we are called to do in our faith, no more, no less.

Scripture:

Years passed, and the king of Egypt died. But the Israelites continued to groan under their burden of slavery. They cried out for help, and their cry rose up to God. God heard their groaning, and he remembered his covenant promise to Abraham, Isaac, and Jacob.

—Exodus 2:23-24



Discussion Questions:

1. Share something you have a complaint about right now.
2. What is something you are authentically grateful for right now?
3. Does it make you feel better to share a complaint or to share gratitude?
4. Is it easier to change our external situations or to allow God to change our heart? Which do you spend more time trying to accomplish?
5. What is the difference between groaning and grumbling? Which do you do more of?
6. How do groaning and gratitude coexist in your life?
7. How can you spread joy and gratitude this week?