

by Sheila Lutz, Christian Living Editor



Humbly Grateful or Grumbly Hateful?

True stories

Lauren had prayed for a promotion, or at least recognition for her work, for years. Finally, her prayers were answered, but she was placed with new coworkers — one who ignores her and the other who flies off the handle for no reason.

Anitra, age 45, is finally getting married. Her fiancé planned a destination wedding for Valentine's week, but their flight is delayed over and over — finally rescheduled for 2 p.m. the next day — the exact time he had booked the wedding chapel.

Cheyann's best friend once gave her Bible-based advice about forgiveness. Today she came to Cheyann for advice: forgive or not forgive. Cheyann repeated the reminders she had previously received, but — surprise! — the words were not accepted. Her friend became angry and said Cheyann's failure to agree with her was mean. Cheyann was at a loss.

Hannah can't understand it. Those younger women offered to help with the kitchen duties at church, but they keep changing things. Don't they know that her group has done this for years and knows the best way? Yet, she wants and needs their help.

Can you identify with any of these women?

What is the likely outcome in each of these situations?

Can you be humble without being grateful? Can you grumble without being unkind? Without sinning?

Humbly Grateful — God's Way

Guide My Words and Actions, O Lord!

Proverbs 15:1 _____

Psalms 37:3 and 27 _____

Psalms 143:10 _____

Choose Contentment Over Contentiousness

Does what others do determine your mood? Why?

Proverbs 15:18 _____

2 Corinthians 12:7–10 _____

Hebrews 13:5–6 _____

Romans 12:21 _____

Be Prepared for the Negative Stuff

Psalms 119:143 _____

1 John 3:11–13 _____

1 Peter 4:12–19 _____

Put the Best Construction on Everything

Psalms 119:165 _____

1 Peter 3:8–11 _____

Rely on the Power of Prayer

What is the pattern of prayer for many Psalms? Check out Psalms 4, 5, 13, 35, 64, 71, 102. (If time is short, look at the beginning and ending verses of Psalms 4 and 5.)

What things do you find to replace anger, sorrow, or complaints in these passages?

James 5:13–16 _____

Philippians 4:4–9 _____

Ephesians 3:14–19 _____

Ephesians 6:13–20 (key verse 18) _____

Opening Prayer

Lord, I want to be humbly grateful for the sacrifice at the cross that You made for my salvation, yet I'm not sure how "humbly" plays out in my day-to-day living. Am I grumbly hateful when it comes to situations where I must forgive readily and live joyfully? Lead me Lord, as I study Your Word each day — and especially this day. Amen.

Think About Others

As part of the body of Christ, we need other people, but getting along with others isn't always easy. Do we always forgive readily or think of others before self?

Proverbs 10:12 _____

Proverbs 19:11 _____

James 1:19 _____

Live to Serve

Matthew 16:24–26 _____

John 12:24–26 _____

Psalms 37:3–9 _____

Romans 12:1–2 _____

Be Obedient

1 Peter 1:13–23 (key verses 14–15, 22–23)

Psalms 119:9–16 _____

Micah 6:8 _____

Armed with the Word, how can Lauren, Anitra, Cheyann, and Hannah be humbly grateful? _____

How can you turn your grumbly to gratitude? _____

Closing

In Your Word, You have shown me, O Lord, what is good. May I ever be just, speak and sing joyfully, love mercy and kindness over selfish gain, and ever — oh, ever — walk humbly with You, my Lord and my God. Amen.

Closing Song: "My Faith Looks Up to Thee," (LSB #702; TLH #394) or "My Faith Looks Trustingly" (LW #378)