

Joy Group Week 2 Discussion Questions (from Day 8, 11 and 14)

Day 8

- Thinking back over your life, what have been some of the major contributors (good or bad) to your self-concept?
- How does modern society and pop culture influence how you see and think about yourself?
- Ephesians 2:10 *New Living Translation*

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

In what ways do you consider yourself to be an "original masterpiece?"

- Why do most of us tend to over-identify with our shortcomings rather than our strengths?

Day 11

- How is gratitude a choice? • How is gratitude a feeling?
- Think back to the example of Tommy Newberry's friend, Bo Jackson, and the death of his son. What did they learn and experience as they fluctuated through God's grace from grief to gratitude?
- Look at the list of gratitude questions on pages 63-64. For which questions did you most readily have answers? Which questions helped you realize that you needed to work on gratitude in this area of your life?
- What people around you could most benefit from some extra gratitude in the next 48 hours?

Day 14

- Have you experienced the principle Tommy Newberry describes—You cannot think one thing and experience something else. You cannot think negatively and live positively. Give examples.
- What influence does chronic negative thinking have on our faith, our significant relationships, our marriage, our family life, our finances, and our health?

Close by having your group members pray this prayer by reading it aloud together. Or the host could change the prayer into first person plural (us, we, our) and read the prayer as a closing.

A Prayer of Gratitude

Father, dear Father,

I am so grateful for everything that you have given me.

Thank you so much for the loved ones in my life,

For the many ways in which I am cared for and supported.

Thank you for the many ways I can serve and give to others.

Thank you for the rich tapestry of colors in creation,

For the beauty which is all around me,

For the skies and the ever changing cloud formations,

For the breathtaking sunsets and early morning mists.

My heart is so grateful and brimming with thanks.

I could write a thousand books about your great goodness,

And still have many stories to tell.

I thank you from the bottom of my heart.

I thank you with everything I am.

All my being cries thank you Lord!

Amen.