

Introduction Session

Joy Group Video Day 1

- The thought of the day is "I was created for Joy." The 40 Day Joy Challenge is designed to help you live life as it was meant to be. According to Tommy Newberry, what are some areas of our lives that need to be addressed? What are some promises and realities that will help us along the way?
- Read Jesus' words to his disciples and to us in John 15:9-11 *New International Version*
As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.
- As Tommy Newberry states, Jesus tells us that we are created for joy. What does Jesus say we must do so that his joy may be in us and that our joy may be complete?
- The 4:8 Principle is based on Philippians 4:8.
Read Philippians 4:8 *New International Version*
Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
- How does Philippians 4:8 relate to Jesus' words from John?
- Read Paul's words to the church in Corinth
2 Corinthians 10:5 *New International Version*
We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
The 40 Day Challenge will help us take every thought captive and make it obedient to Christ.
- How is Paul, the writer of Philippians and Corinthians an example of one who accomplished this? How could he have justified being negative?
- The 40 Day Challenge will help us align our thinking with God's and upgrade our potential for joy. Tommy Newberry has been refining this program for over 27 years. Which of these proven accomplishments are you most looking forward to embracing?
 - Revitalizing my mind
 - Getting unstuck from disagreeable conditions
 - Leave a unique mark on the world
- Which of the strategies in the 40 Day Challenge are you most looking forward to exploring?
 - Discover, develop and defend your joy
 - Learn what scripture says about your thought life
 - Learn how your mind, emotions and actions interact
 - Learn how your character and self-concept are developed
- What do you hope to accomplish with the 40 Day Challenge? Name some reasons how greater joy could bless you and your loved ones?

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 for a Fresh Start

Dear heavenly Father,

Thank you for new beginnings! Infuse me today with a fresh dose of your Holy Spirit, and fill me with thoughts that strengthen my character and cause me to grow fully into the image you intended for me when you brought me into this world. Help me preoccupy my mind with thoughts of you, with thoughts that are pure, true, lovely, and worthy of praise. Heighten my awareness so that my thinking doesn't unconsciously drift into the negative, limiting, and counterproductive patterns that ensnare so many. Protect me from the temptation to complain, condemn, or focus on what's wrong with things. Instead, elevate my thinking and open my eyes so that I see your presence in all situations. I want to appreciate the abundance that surrounds me and activate the joy that is hidden within me.

In Jesus' name,

Amen