

Joy Group Week 1 Discussion Questions (from Day 1, 2, 3 and 5)

Day 1

- What is a food or activity that helps you produce energy for your body?
- In what ways is feeding our bodies similar to feeding our minds?
- What are some of the ways that joy is a blessing to others, both in your home and throughout the world?

Day 2

- Do you believe that God has great plans for your future? Assuming you do, what evidence is there in your life right now that confirms you hold this belief?

Day 3

- Read Philippians 4:8-9 *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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- In which areas of your life is it easiest to think pure, lovely and admirable thoughts? What areas are most difficult?
- Do you find that these areas are also more easy or difficult to “put into practice” with positive actions?
- In what ways is life a mixture of good and bad?
- Why is it that we tend to downplay the positives and amplify the negatives? What can we do to counteract this dynamic?

Day 5

- Why is it that the people we love the most are also most capable of “making us the maddest?”
- What is the difference between a proactive and a reactive thinker?
- What does the expression “You Make Me So Mad” really mean? What does it have to do with our level of joy?

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 Joy

Lord,

Thank you for all the goodness in my life and the great plans you have for me, my family, and my future. I praise you for my healthy mind and the power you have instilled in my thoughts. Thanks especially for the freedom you have given me to select my thoughts and thereby influence my state of mind and my circumstances.

Help me to accept responsibility for my thinking. Lead me, moment by moment, to choose joyful thoughts that line up with the vision you have for my life. Protect me from searching for joy in all the wrong places, and inspire me to enjoy the gift of this present moment.

In Jesus' name,

Amen