

Week 2

Joy Group Video Day 17 (Same lesson as Day 15 in the Book)

- What idea from the video made an impact on you?
- What is the connection between God and gratitude?
- How might the constant noise of modern life and technology inhibit gratitude?
- How has the attitude of entitlement seeped into our national mindset and what impact could it have on our experience of joy?
- What have you done, or could you do, to protect yourself from the “law of familiarity?”
- What is the worst part or aspect of worry?
- Read Philippians 4:6-7 *New Living Translation*
Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
- What does Paul suggest we do instead of worry? What does he say will be the result?
- Which of the 6 obstacles most frequently inhibits your gratitude and potential for joy?
 - Disconnected from God
 - Surrounded by excessive noise
 - Overindulge in the media
 - Feeling of entitlement
 - Law of Familiarity
 - Predict the worst-worry

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 colours 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.