

Joy Group Week 3 Discussion Questions (from Day 17, 18 and 19)

- One tool recommended this week was to internalize the Word of God by memorizing scripture. Do you find it easy to memorize scripture? Are there some passages that you have memorized?

Day 17

- What might it mean when you feel “down” or emotionally low? What are the different reasons we sometimes experience a deficit of joy?
- Tommy Newberry uses the image of boiling waters as your negative emotions. Sometime people use “ice” to correct the boil. The ice can take different forms such as: excessive food, television, alcohol... What are some forms of “ice” that you use or you have seen other people use?
- What dominant RAT (Really Awful Thought) patterns would your spouse or a good friend say that you express?
 - Amplifiers
 - Feelers
 - Guessers
 - Exaggerators
 - Identifiers
 - Forecasters
 - Cynics
 - Blamers
 - Justifiers

Day 18

- What are the most common strategies or approaches for dealing with negative emotions?
- What are typical ways that people inadvertently aggravate or intensify negative feelings?
- How might acknowledging and challenging your negative feelings weaken their hold over you?

Day 19

- What tends to happen when you resist or simply try to avoid a negative thought?
- What is the Law of Exchange and how does the Law of Exchange help strengthen your thought life?
- We can exchange negative and counterproductive thought for positive and empowering thoughts. What are some examples of positive and empowering thoughts?
- Are there scripture passages from pages 117-118 or other scripture passages that inspire you and could be even more valuable if they were committed to memory?
- In addition to bible verses, what are some affirmative, joy-producing thoughts you should have “on call” and ready if your thought life begins to deteriorate?

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 Freedom

Heavenly Father,

I praise you for being everything that I need. Thank you for loving me perfectly. Whenever I struggle with the pain of dark emotions, fill me with the light of your presence. I trust you to put your healing hand where I need it most.

Please reveal any errors in my thinking that may be preventing me from experiencing life the way you intend. Protect me from the widespread mind games that can smother my potential for joy. Alert me to the truth of your Word in all situations, particularly in the midst of negative distortions and exaggerations.

Remind me to focus on the big picture and what's really important, especially in my most cherished relationships. Fill my heart with compassion for the trouble, pain, and anguish that rule over the lives of so many people. Keep me relaxed and secure in your love so that I don't overreact to the conditioned negativity of others.

I know that your will for me does not include unproductive negative emotions. How great that is! Thank you for giving me power, love, and a sound mind so that I may live with joy all the days of my life.

In Jesus' name,

Amen