

Week 3

Joy Group Video Day 23 (Same lesson as Day 26 in the Book)

- What idea from the video made an impact on you?
- Why is it that we seem to be either on an upward emotional spiral or on a downward spiral? What can we do about it?
- What is your plan or method for getting rid of distracting or unproductive thoughts when they pop up, especially at inconvenient times?
- What are the pros and cons of venting?
- Read Hebrews 4:12 *New Living Translation*
For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.
- In what ways does this scripture relate to getting rid of distracting or unproductive thoughts.

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