

Joy Group Week 4 Discussion Questions (from Day 22, 23 and 28)

Day 22

- We soak up our environment. Think of the environments of your childhood or when you were a young adult. What elements from those environments have significantly impacted the person you are today?
- In what ways do we soak up the exposures in our environment?
- What elements from our culture do you think most powerfully impact us today?
- What does it mean to, “keep watch over your heart” and what does this have to do with your experience of joy?

Day 23

- How do our habitual questions shape our outlook on life and relationships?
- What are some sample questions that a discontented person in a relationship might be asking over and over again?
- What are some sample questions that a “4:8 person in a relationship” might ask on a regular basis and why?
- Choose one of these 4:8 Questions and share your responses with the person next to you.
 - What are three things I am grateful for right now?
 - What are three of my most positive traits?
 - What are three of my top achievements so far?
 - Who are three people who love me the most?
- What aspects of your life could most benefit from better questions?

Day 28

- Think over the last week, what negative, junk-producing comments did you hear? What are examples of words that were hopeful for the future, emphasized blessings or reflected faith in God.
- Ephesians 4:29 *New Living Translation*
Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.
How does our mouths sometimes get in the way of our joy?
- Do you tend to speak more positively to your family or to friends and even strangers?
- The words you use today will create the world you'll experience tomorrow. Depending on your focus, this could be a great problem or a great opportunity. Consider a challenge coming up in your future. How could you reframe this as a great opportunity? What words could you use to show this opportunity was truly fascinating and not frustrating?

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 Discernment

Father God,

Help me to live intentionally, particularly when it comes to what I read, watch, and listen to on a consistent basis. Guide me to allow into my soul only those words, sounds, and images that support who you want me to become. Reveal to me the role I must play in guarding the door of my heart.

Lord, help me not to be a discontented person who replays negative questions over and over in my mind. Holy Spirit, plant in my mind 4:8 questions that are filled with gratitude, compassion and love. Help me hear you Lord in the questions that I ask in the quiet of my mind and verbally out loud for others to share.

Inspire me, Lord, to choose my words carefully. Help me to use words that are uplifting and encourage those around me. Help me to stop, consider and seek your wisdom before I speak. Thank you for the power of words to shape the world around me.

In Jesus' name,

Amen