

Joy Group Week 5 Discussion Questions (from Day 32, 33 and 35)

Day 32

- Think back to when you were growing up. Name one thing that you were made to practice even though you were not good at it. Name two talents that you honed and you now consider strengths.
- What tends to happen when we focus our attention on weakness-fixing more than strength-building?
- Why do you think that God gave us both strengths and weaknesses?
- What could you do in the next week to better emphasize and call attention to your strengths and the strengths of those around you?

Day 33

- Tommy Newberry contrasts a reactive life to a proactive life. A proactive life is where positive 4:8 thoughts produce stable and positive emotions that spur action consistent with the goals and ideals most important to us. Is the description of this cycle consistent with your experience? Why or why not?
- How does clarity about one's future, or life vision, influence one's decisions in the present?
- To lay the groundwork for emotional victory one 1) lives purposefully, 2) thinks rightly, 3) serves generously, and 4) forgives quickly. Which of these do you feel needs the most work in your life?
- How does "knowing your goal" increase your capability of responding productively in stressful situations?

Day 35

- Who are some examples of persons who have merged what they most love with what they do best and use their God-given talents to make a positive difference in the world.
- What are some of the reasons "good Christian people" never get around to fulfilling their potential, launching their dream or finding their true place in life? Why does it take courage to fulfill that dream God plants in your heart? What resistance and obstacles often stand in the way?
- Where are you on the journey of finding your true place? Where are you in discovering what God put you here on earth to accomplish?

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 Permission

Father God,

I praise you for my uniqueness. You have not put another person in the world who is just like me. Prepare me to be the masterpiece that you originally created me to be. Thank you for making me in your likeness. Allow me to see myself today with as much significance as you see me. Keep my focus ahead of me rather than behind me. Protect me from over-identifying with my blunders and under-identifying with my victories. Disrupt and dissolve any stale, destructive self-talk from the past that I may still be embracing.

Grant me the courage to push beyond previous boundaries in all areas of my life. Remind me that my peak moments are just glimpses of the enormous potential you have for me. Thank you for giving me permission to live life to the fullest!

Allow me to see the hurts and needs in others around me. Stir in me a passion to respond to those needs with your mercy and love. Thank you for the gifts and talents you have given me that can be used to be a blessing to others. Reveal to me where you want me to be of service to You.

In Jesus' name,

Amen