

Joy Group Week 6 Discussion Questions (from Day 38, 39 and 40)

Day 38

- What is the difference between routine and exceptional gratitude?
- What do exceptional gratitude and Philippians 4:8 have in common?
- What habits could you put in place to protect yourself from gradually drifting from a being thankful to being entitled?
- Who could you direct some exceptional gratitude to in the next 48 hours?

Day 39

- What comes to mind when you hear the word, "clutter?"
- What is helpful about the comparison of our mind and clutter to a laptop with too many programs running?
- What impact does clutter have on the pursuit of joy?
- What are the benefits of dealing with the clutter?
- Did your find "Pinpointing Clutter Questions" on page 256 helpful? Of the seven types of clutter mentioned, what one type of clutter could you address in the coming weeks?
 - Spiritual Clutter
 - Emotional Clutter
 - Mental Clutter
 - Physical Clutter
 - Financial Clutter
 - Legal Clutter
 - Relational Clutter

Day 40

- In what ways can you sustain God's presence in the midst of the world's distractions?
- In what ways can you sustain God's presence even in the midst of difficult and painful circumstances?
- While God is everywhere, we don't necessarily experience his presence unless we reach out to him and acknowledge him with our thoughts. Discuss the four suggested practical options for practicing the presence of God:
 - **Appreciate**-- Describe a Gratitude Spree and what impact it might have on your joy.
 - **Contemplate**-- What does "contemplating God" look like and what impact might it have on your joy?
 - **Communicate**—Share any experiences you have had with continual conversation and confession, talking with God continually throughout the day instead of a single daily prayer time.
 - **Saturate**—Share any tools you have used to help memorize scripture.
- Share your highlights of this 40 Day Joy Challenge and how you see these ideas and concepts continuing to impact you in the days to come.

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 Appreciation

Dear Lord,

Thank you for all that you are. I praise you for your unlimited power. You are ready and willing to help me with anything. I praise you for your boundless love. I know you are committed to what's best for me. I praise you, Lord, for knowing everything. Thank you for having answers to all my questions and solutions to all my problems. I praise you for being the source of all goodness in my life. Thank you for supplying my every need in abundance.

I praise you for being my ever-present Good Shepherd. Thank you for being a real, vivid, and active power in my life—today, always, and forevermore. Mostly, though, thank you for your grace and mercy, my ultimate source of joy.

In Jesus' name,

Amen