

MADE FOR JOY

THE STORY OF JOY

Selected Scripture

- 1) God is all about joy.
- 2) God calls us to live in joy.
- 3) There is more to your brain and body than you think.
- 4) We have become hardwired for negativity.
- 5) Turning the negative to joy.

Thanksgiving gratitude

Think count, recount again

Practice intentional repetition

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. When you think of God, what is the primary emotion that you perceive? Why? Read 1 Timothy 1:11; Isaiah 42:1; Zephaniah 3:17. How do these passages shape your view of God?
2. Read Philippians 4:4-6. How does anxiety contrast with the other emotions in these verses? What kind of thing makes you feel anxious?
3. Re-read your gratitude list from Sunday. Which five things did you highlight to focus on this week? How did that enhance your experience of gratitude?
4. Share with the group your top five gratitudes. Try to observe any shifts in your body and your emotions as you share.



MEMORY VERSE

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6