



THE STORY OF JOY
Selected Scripture

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

Thanksgiving _____

Think _____, _____

Practice _____



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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*

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