

Joy Challenge Week 1: Read Philippians 1

Icebreaker

Share about a circumstance in life that brings you the most happiness.

Discuss

From a practical standpoint, why is it so difficult to base one's happiness upon one's circumstances? Why is doing so a recipe for disaster?

Are a "glass half-full" or "glass half empty" type of person? How might focusing on the glass being half-full help you better manage a difficult situation you're currently in?

Share some of your happiest memories. How does dwelling on the good times lead to gratitude? How does recalling the past strengthen your memories and lead to joy?

What does loving others well have to do with feeling joy?

When Paul wrote to the Philippians, he told them he thanked God every time he thought of them (Philippians 1:1–8). Who are your personal Philippians? How often do you take a moment to thank God for your loved ones and tell them how much they mean to you?

Action Step: Make a list of the people you are grateful for and why you are grateful for them. Share with them why you are grateful for them.