



Icebreaker:

Share about a time of great joy in your life. OR

What is a small joy that guides your life?

Conversation Guide

1. What are the gifts God has given you in your life? Dave said, “Every day is a one time God given gift, let’s do it (life) with joy.”
 - a. What are the easiest gifts for you to notice?
 - b. What gifts do you recognize with your brain but have a harder time recognizing in your life?

Read the Scripture below together.

Psalm 118:22-24

The stone the builders rejected has become the cornerstone;
the Lord has done this, and it is marvelous in our eyes.
The Lord has done it this very day; let us rejoice today and be glad.

Dave Bartlett paraphrase of Psalm 118:22-24

This is the day that the Lord, Our God,
has given as a gift to you and to me;
Let us choose joy and be glad for this gift.

John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart!

1 Thess 5:16-18 Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

Philippians 4:4 - Rejoice in the Lord always. I will say it again: Rejoice!

Dave asked, “How and why can you and I love God and love others and be a shining light and choose joy while we do it?” Dave answered, “We can do it because of Jesus”.

2. What story do you tell yourself about your faith? About your life? About our church? What impact do your stories have upon your ability to choose joy?
3. Ask these questions about the stories you are telling yourself. How would these questions impact the stories you tell yourself?
 - a. Is it true?
 - b. Is it helpful?
 - c. Is it kind?

4. How do we tell helpful, joyful stories? We remember the symbol of a rope. God is a really long rope, as long as eternity. Our life on earth is just a little section of that rope.
 - a. What we experience here is light and momentary trouble in light of eternity.
 - b. We get to choose the stories we tell ourselves in this short stretch or our eternal life.

5. What do you think or feel in response to the statements above in #4?