

*Nº 1*

# Ingredients *for* Life

## Be Joyful

Rejoice always, pray continually,  
give thanks in all circumstances;  
for this is God's will for you  
in Christ Jesus.



Is there a secret recipe for a better life? Chasing down how to be happy is different than experiencing joy – do you remember the last time you truly felt it? What's the true meaning of joy? Let's explore how to add more joy to our lives

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

## CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

## REVIEW

Open your Bibles and read from **1 Thessalonians 5:16**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

## **DISCUSSION QUESTIONS**

- How do you think the world defines joy? How would you define joy?
- What does it mean to “rejoice always”?
- Describe someone you know who is joyous. What makes them that way?
- How do we become so full of God’s love that we overflow with joy? Share some times when you’ve experienced joy.
- How can we make sure our joy is established in God and not in our current circumstances?
- How do these verses apply to your life? What will you do about it?

## **PRAISE & PRAYER POINTS**

Share what God is doing in your life and spend some time praying for each other’s prayer requests.