



Week 5 - Attitude is everything - "JOY"

Welcome - Looking back on this last series, which attitude has been most helpful for you to look at and why? Which has had the most impact on you and why?

Word - The final attitude runs throughout the book of Philippians and it's JOY

- What do you think of when you hear the word joy?
- Where do you see genuine joy in life?
- Why is it hard to hold on to our joy at times?

We often separate joy and happiness but the Bible doesn't...

Esther 8 v.16 - 'for the Jews it was a time of happiness and joy....'

Jer. 13 v.13 - 'I will turn their mourning into joy...and bring happiness out of grief'

The key to joy is realising that's it's not a WHAT it's a WHO
Paul's joy was always centred around people and Christ....

- Why is this such an important attitude do you think?
- When have you experienced the joy of the Lord being your strength?
- What can cause us to lose our joy?

Work through the suggestions for cultivating joy in our lives...

A child like mindset
A thankful mindset
A serving mindset
A hopeful mindset
A perspective mindset

Which of these is the most challenging to you right now and why?

Read this Bible verse out....

1 Peter 1 v.6 (NLT) 'so be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while'

- What does this actually say and mean?
- What does this say and mean to you right now in your life?

Finish by praying for each other, that the joy of the Lord would be our strength, that where we have allowed joy stealers to steal our joy, we will come to the one who gives joy, the one who promises streams of living water...Jesus.