

Connect group notes - 'Don't lose your joy'

Getting started

- What's one thing you loved doing as a kid that brought you joy?

Getting stuck in

- What do you think of when they hear the word joy?
- What are some of the ways we can talk about joy and happiness and the difference between them?
- Let's look at some Bible passages that mention joy. As you listen to them reflect and discuss what they say and what you've learned or are learning about joy.

Romans 15 v.13/James 1 v.2-4/1 Peter 1 v.8-9/John 15 v.11

Getting personal

On Sunday we looked at 5 ways to cultivate joy as follows,

- Cultivate a **child-like** mindset
 - Cultivate a **grateful** mindset
 - Cultivate a **servant** mindset
 - Cultivate a **hopeful** mindset
 - Cultivate a **perspective** mindset
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- Which of these do you find the easiest and which the hardest?
 - Which one would you love to grow more in right now?

Spend some time praying into each others situations, encourage people to be honest about where their joy may need restoring or where it's been stolen.

Ask the group if anyone hasn't been baptised if they'd like to be on November 26th...if so encourage them to sign up.....What better way to experience joy!!

