



A Recipe for Practicing a Good Life

Icebreaker: Would you rather eat s'mores or eat ice cream all summer long?

Read Together: Philippians 4:4-9 (NLT), Philippians 4:4-9 (MSG), Philippians 4:4 (NLT), Philippians 4:5 (NLT)

Discuss:

- What do you read that you have not noticed before in the scriptures listed for this section?
- What was the Holy Spirit speaking to you as Pastor Dave talked?
- What do you have to celebrate today?
- What brings you joy today?
- Think about how you can revel in the goodness of God today!
- What person comes to mind that God would have you add value to today?
- What can you do to add value your spouse, a co-worker, your child or a stranger today?

Read Together: Matthew 24:37-44 (NLT), Philippians 4:6 (NLT), Matthew 6:27-34 (NLT)

Discuss:

- What do you read that you have not noticed before in the scriptures listed for this section?
- What are some ways that you get distracted and don't live like Jesus is coming?
- How can you change your perspective to live more purposefully?
- What are some ways you can spend time WITH the Word?

Read Together: Philippians 4:7 (NLT), Philippians 4:7 (MSG), Philippians 4:8 (NLT), James 1:22 (NLT), Philippians 4:9 (NLT)

Discuss:

- What do you read that you have not noticed before in the scriptures listed for this section?
- Science shows that gratitude improves many areas of your life. What is something you are grateful for?
- What would it look like for you to practice gratitude?
- How do you want God to respond to your negative situations?

Pray:

- Ask God to point out something to celebrate.
- Pray for someone who rubs you the wrong way. Ask God to bless them and show them His love.
- Ask God for an opportunity to share the hope and love of Jesus.
- Make a list of things you are thankful to have.
- Ask God to respond in HIS way to your negative situations.