

## MIXTAPE WEEK 2 - GROUP DISCUSSION

### INTRODUCTION

The Bible says a lot about being joyful and pushing back on excessive worry. Easy to do when life is going as you want. Maybe you relate to the church sign, “Too Blessed to Be Stressed.” However, most people don’t relate. For most, life is not an endless chain of happy events. Scripture teaches, “in this life you will have trouble.” John 16:33. And most of the characters of the Bible seem to have more heartache than happiness.

So how do we balance the trouble of life with the teaching of scripture to not worry and be full of joy?

### BIBLE REFERENCES

“Give thanks to the Lord, for he is good! His faithful love endures forever.”  
Psalm 118:1.

“This is the day the Lord has made. We will rejoice and be glad in it.”  
Psalm 118:24

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” Matthew 6:34.

### DISCUSSION

1. How can you affirm the goodness of God (Psalm 118:1) even when there is so much in this world that is not good? How can you rejoice and be glad (Psalm 118:24) when life is not going well?
2. In the talk we heard, “We can look at our troubles and easily blow today off and hope for a better tomorrow. Or we can engage this day...living on life’s terms, while still believing God made this day.” What is one practical thing you can do to “engage this day” despite what is happening in your life?
3. What did you most need to hear from this talk?

### SUGGESTED PRAYER

Father, I admit that sometimes it’s hard to believe that you are good, especially when life is not going well. Help me then, even when it’s tough, to still see your goodness and to view this day as a gift. Help me not to worry too much about tomorrow and focus on what you’re doing in my life right now. Also, help me remember the many times you have been faithful in my life. In your name, Amen.