

Choose Joy

Discussion Guide — The Joyful Mindset

Main Idea

This week, Pastor Chris concluded this series with how to have the Joyful Mindset. There are so many things that compete for our thoughts, and distract us from having joy in our lives. But if we can live out the joyful mindset, we will protect our the joy that Jesus gives us. While the world focuses on themselves, and complaining when they don't get their way, we have been given a better path to take, free of anxiety and negativity.

Make It Practical

- Move from a selfish mindset to a servant mindset by making life about others
- Move from a grumbling mindset to a glad mindset by speaking gratitude into your life
- Move from an anxious mindset to an at peace mindset by praying and recognizing who God is
- Move from a pessimistic mindset to a positive mindset by filling up with positive thoughts

“complete my joy by being of the same mind, having the same love, being in full accord and of one mind..”

Philippians 2:2

Talk About It

1. What situations or circumstances cause you to lose your joy in life? What do you think the root issue is?
2. Which of the 4 mindset shifts do you struggle with the most? Why?
 - Selfish Mindset → Servant Mindset
 - Grumbling Mindset → Glad Mindset
 - Anxious Mindset → At Peace Mindset
 - Pessimistic Mindset → Positive Mindset
3. What are some practical things that you can do to help make the shift in one area?
4. Have you ever experienced a moment where you kept your joy in a tough situation? Describe what that was like.
5. What was your biggest takeaway from this series?

