



# GUIDED BIBLE STUDY

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## **Finding Joy in Difficult Seasons**

**Speaker: Julie Pedroza**

### **Highlighted Scripture**

- **Philippians 4:8**

**Paul encourages believers to focus their thoughts on whatever is true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise.**

- **1 Thessalonians 5:18**

**Believers are instructed to give thanks in every circumstance.**

### **Discussion Questions**

- **How do negative environments affect your thoughts, emotions, and outlook?**
- **What does it practically mean to "fix your thoughts" on things that are praiseworthy?**
- **Why is gratitude important during difficult seasons?**
- **How can remembering God's faithfulness in the past help**

**you find joy in the present?**

- **What habits or influences may be making it difficult for you to experience God's peace?**

### **Reflection Challenge**

**Pay close attention to what is shaping your thoughts.**

**Ask yourself:**

- **What thoughts am I dwelling on most often?**
- **Are my surroundings helping me focus on God's truth or pulling me toward negativity?**
- **Where can I intentionally look for God's goodness today?**

**Try this:**

- **Begin each day by listing three things you are thankful for.**
- **When negative thoughts arise, pause and identify one praiseworthy thing God has done.**
- **Consider limiting your exposure to environments or conversations that consistently promote negativity.**
- **Spend time reflecting on specific ways God has provided for you during past struggles.**

**Remember**

- **God created us with emotions, but He does not intend for us to remain trapped in negativity.**
- **What we consistently think about influences our peace.**

- **Gratitude helps redirect our hearts toward God's faithfulness.**
- **Joy can exist even in difficult circumstances.**
- **God's past faithfulness reminds us that He will continue to provide and care for us.**

## **Prayer**

**Father God,**

**Thank You for caring about my thoughts, emotions, and struggles. Help me focus on what is true, honorable, and worthy of praise. When negativity surrounds me, give me wisdom to guard my heart and mind. Teach me to look for joy even in difficult situations and to remember Your faithfulness through every season of life. Fill me with gratitude and help me rest in the peace that only You can give.**

**In Jesus' name,**

**Amen.**













