

Group Discussion Guide

Emotionally Healthy "Choosing Joy"

- Pastor Jared mentioned that 'the direction of your life is often determined by your most dominant thoughts.' How does this idea connect to choosing joy as an emotion rather than waiting for it to happen naturally?
 - What are some of your most dominant thoughts throughout a typical day, and how might intentionally choosing to focus on joy change the direction of your life?
- The sermon discussed the concept of 'when then' thinking - believing we'll be happy when certain things happen in our future. What does Psalm 118:24 teach us about when we should experience joy?
 - What specific 'when then' thoughts do you catch yourself having, and how can you practice rejoicing in today instead of waiting for those future circumstances?
- Pastor Jared shared the story of writing down what he wanted people to say about him on his deathbed, which shaped the next six years of his life. How does 'numbering our days' help us live with more intentionality?
 - If you were to write down what you'd want your loved ones to say about you at the end of your life, what would that list look like, and how might it change how you live today?
- In John 15:4, Jesus talks about remaining connected to the vine to produce fruit. How does staying connected to God daily relate to experiencing lasting joy?
 - What does your daily connection with God currently look like, and what practical steps could you take to strengthen that connection?
- Pastor Jared mentioned that if we base our joy on external circumstances, we'll be frustrated and disappointed. What's the difference between happiness that depends on circumstances and joy that comes from God?

- Think about a difficult time in your life - how might choosing joy as an internal decision rather than depending on circumstances have changed your experience during that season?