



Small Group Guide

2.12.23

While happiness may be elusive, but more joy is possible for you right now. To do so requires looking at your life and others through the right filter. This past weekend we explored three filters and how to use them today to find more joy!

1. What stood out to you most from this week's gameday message?
2. What Tiktok or Instagram filter would best describe how you see life right now on a day-to-day basis (does it brighten, does it highlight extremes, or does it wash everything in black and gray)? Why did you pick that one?
3. Would you describe your life as joy-filled? What would those closest to you say? Everyone gets two minutes to explain.
4. Paul found joy even in the midst of great suffering. How do you respond to suffering? Where could you find joy in the midst of struggle?
5. How would you live your life differently if you weren't the main character? How might that impact your joy?
6. How much does the past influence your current level of joy or enjoyment of life? Is there anything here you need to release?
7. What is one way you can choose joy by serving someone else this week?