

Questions for Individuals and Small Groups

- Cultivating gratitude and joy

Read again Habakkuk 3.17-18 and Philippians 4.10-13

- Do you agree that happiness and joy are different? Why? Why not?
- What do you think about the idea that gratitude and joy can be cultivated?
- Paul's letter to the Philippians is full of joy and gratitude. Apart from the idea that he may have practised gratitude what else might have contributed to his ability to be joyful in the tough times?
- Our church family have lost a number of wonderful ladies and gentlemen over the past few months, and it is natural to feel very sad about this – why not spend some time in quiet this week thinking about each one that you knew and what it was about them that you are grateful for?
- How can we choose joy in the tough times without this becoming fake happiness?
- How could you practice gratitude this week?
- **Meal time challenge for all** – During one meal each day this week, answer the question: what have you been grateful for today?