

THE JOY-FILLED - HABITS OF -APPRECIATION

NOTES:



Enough is our Concordia University Texas theme for the 2023-2024 academic year.

CONNECT

with self and others:

Play the Joy G.A.M.E. Take 1-3 minutes to individually rest on each step then come to the group and share after each step.

Gratitude

think of something in the present moment that is worth appreciating.

Anticipation

something that you are excited about doing or experiencing in the next 2 days.

Memory

think of a memory that brings you joy from a prompt (example- from middle school, Christmas, playing a sport, or moments with family) and relive that memory for a few minutes in your mind.

Experience

What is an experience you will have in the next week?

ENGAGE

the Word.

Our theme this month around campus, in chapel, and in our Grow Groups is the line, "There's more than enough joy in human life." We are exploring tough life topics through biblical lenses during the January national celebration of Human Life Month in America. Some of these topics can be super tough to tackle, can bring up deep wounding, and leave us hopeless. That is not our goal.

The goal for this month is to go deep into the idea that God has designed us

READ Philippians 4:4-9



My mom has always loved watching sunsets. On vacations, we would always have to take family pictures in front of the sunset. Without fail, we would have our khaki shorts and our matching white shirts on the beach every single vacation (I have the family portraits to prove it). My mom insisted on taking a photo of us in front of a sunset, and always before we left for dinner, we would sit on the patio and watch the sun go down. She loves the beautiful end to the day and the promise that a new day will rise tomorrow with another beauty. No matter what is happening in your life the sun always sets and always rises the next day. She rests in that consistency that God sets into place during stressful times. When she sees a sunset, she is immediately in awe and must stop and just experience the beauty of what God has painted in the sky.

NOTES:

QUESTIONS:

1. What always calms you when you experience it? Family? Natural beauty? Other?

2. If that calming thing were to disappear, how would that affect vou?

DIG DEEPER:

Philippians 4:4-9 it tells us to "think about such things." It tells us to think about whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. When thinking about joy and our mindset God designed us in a beautiful yet simple way. Whatever you think about is what will be on your mind. This seems straightforward but is a concept that is often overlooked. Like whenever my mom looks at a sunset, the familiar emotions she experiences each time resurface, and she is instantly in a more positive state of mind. This works with everything. It seems simple, but if you focus on what is true, noble, lovely, etc., those all come from the Lord. So, when you think about them, your mind naturally tunes into thoughts about the Lord. It's not a trick to direct your mind to the Lord; rather, it's how we were designed to have our minds focused on what we're thinking about. This is the point of the Joy G.A.M.E. to put your brain in a position to see joyful moments more easily from the Lord.

SHARE

Apply to your life:

1. Are you more positive or negative? Do you think about the positive or negative more? Do the two answers match?

2. How else have you encountered the concept of "what you think will be on your mind"?

3. This week, how can you focus more on that which will bring the joy of the Lord into your life?



PRAYER:

Dear Lord, as we approach this week, remind us that our joy is found in You. Give us times and opportunities to sit in Your love and Your blessings and rest in all Your beautiful moments. Allow us to be quick to see joy by looking to You for our joy and appreciating what is around us. Amen.



QUESTIONS:

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3. Are you more positive or negative? Do you think about the positive or negative more? Do the two answers match?

4. How else have you encountered the concept of "what you think will be on your mind"?

5. This week, how can you focus more on that which will bring the joy of the Lord into your life?

Connect at Concordia.edu/enough and @ctxcampusministry throughout the semester!