



"The Wisdom of Finding Joy"

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A joyful heart is good medicine, but a broken spirit dries up the bones.

Proverbs 17:22

LifeGroup Questions:

1. What is the funniest thing that has happened in your life during the last month?
2. What are the leading causes of anxiety for you?
3. Read Matthew 6:24-34. How many times do you see the word anxious? What does the Lord tell us to do in relation to anxiety? Why is that so difficult?
4. Read Philippians 4:4-8. What is the connection between joy (rejoicing) and anxiety?
5. What keeps you from laughing more?
6. Read Proverbs 12:25. How can you be the one to make others glad?