



P-R-A-Y
Rejoice

PERSONAL PREPARATION BEFORE THE GROUP MEETS

Thought starter

How would you distinguish between joy and happiness?

Read Psalm 103

1. List out all the virtues of the LORD that the psalmist finds worthy of praise.
2. Which of these virtues do you especially treasure? Why?
3. Which of these virtues might not have occurred to you before reading the psalm? Why?
4. As Christians, how have these virtues been even more clearly revealed to us in Jesus?
5. What do you make of the psalmist in v1 &-2 & v22 commanding his own soul to praise the Lord? What might this mean for you?
6. As you reflect back on the last week, compare your attitudes & prayers & thoughts to that of this Psalm. How might you learn to rejoice in the Lord more?

WHEN THE GROUP MEETS

Discussion starter

* Share with each other how you distinguish between joy and happiness.

* Share with each other your insights from your preparation in **Psalm 103**? What grabbed your heart & mind? What comforted you? What challenged you? What did you learn of Rejoicing?

Read Romans 15:7-13; 2Cor 1:3, 13:11; Eph 1:3,6,12,14; Philip 3:1, 4:4, 1Thess 5:16-18; Heb 13:15; 1Peter 1:3, 4:16; Rev 5:6-14

* From these verses what part should rejoicing play in our lives & our words & our prayers?

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\* A criticism sometimes levelled at Christians & Christian churches who value the Bible being taught & received seriously is that they are joyless. Is it possible to be serious about the Bible & full of joy? What might it look like in our church?

\* Discuss this quote:- "Authentic worship is anchored in biblical realities greater than our own unpredictable changing temperaments."

\* Assist one another think through how we might help our soul to Praise the Lord.

*Pray in response to the teaching of God's Spirit from his Word and from the encouragement of your brother & sisters..*