

Living Out Loud

every night...every home

25 November 2018

living sharing growing

REMEMBER this week

Every day we fill our lives with many different things in an attempt to discover joy. Whatever you think about and fill your life with will flow from it. There is only one source that will fill you with contentment and peace and enable you to rejoice always and live for joy in all situations. It's Jesus. Fill your life with him and the joy will flow out abundantly.

table GRACE

Jesus, Saviour,
be our guest

Our morning joy, our evening rest
And with our daily bread impart
Your love and joy to every heart.
Amen.

VERSE of the week

**Rejoice in the
Lord always.
I will say it
again:
Rejoice!**

Philippians 4:4

THOUGHT for the week

Worry gives a small
thing a big shadow.
Let Jesus
fill your life
with joy!



Living Out Loud

every night...every home

living sharing growing

1 lets SHARE

1. Share your highs and lows.
2. What is the best memory you have that you recall with great joy?
3. What are the things that cause you to worry or be anxious?
4. How do you deal with stress in your life?
5. Who brings peace in your family?
6. How does prayer help to reduce stress and anxiety?
7. How might praying together as a family help to deal with the tensions that sometimes arise in families?

2 lets READ

Sunday	Philippians 4:4
Monday	Matthew 6:31-34
Tuesday	John 16:33
Wednesday	1 Peter 4:13
Thursday	Philemon 1:7
Friday	Psalms 90:14
Saturday	Psalms 71:23

3 lets TALK

- A – What is this text ABOUT?
- B – What is the BEST thing about this text?
- C – What is the most CONFUSING or CHALLENGING part of this text?
- D – What does God want you to DO?

5 lets BLESS

Bless each other with the sign of the cross as you say the following:

Name, may the joy of Jesus
in you flow through you Amen.

4 lets PRAY

PRAISE GOD for his gentleness to us even when we don't trust him to deal with our anxieties.

THANK JESUS for giving us the gift of community to support, share and carry the burdens we face.

ASK THE HOLY SPIRIT to help us think of all things Jesus for he is the greatest.