

## CONVERSATION STARTERS

MAY 24, 2020

### LEADER CHECK-IN

1. Stay tuned as a group for a potential *“Start the Party: Zoom Edition”* social event our Connection Team is wanting to arrange!

### GET STARTED

1. For some good news inspiration, watch our [Good News Stories video](#) from this week’s service.

### READ & REFLECT

1. *“We see what we look for.”* What do you think about this statement? Is it true in your experience? If we struggle with negativity, how can we change what we look for in order to see from a positive perspective?
2. Read [Jeremiah 17:9](#). In your experience, how do our feelings occasionally deceive us? Do you tend to think of gratitude as a feeling or a practice? How might practicing gratitude have the power to influence our feelings?
3. Read [Nehemiah 8:10](#). Have you ever thought of celebration as a discipline? What would look different in our lives if we were deliberate and disciplined about practicing celebration? What do you think the difference is between frivolous celebration and deliberate or formative celebration?
4. Read [Philippians 4:4-7](#). When have you experienced gratitude and “rejoicing” even in the midst of pain, loss, difficulty, or anxiety? How did your relationship with God grow or evolve through this experience?

### RESPOND

1. Which voices or feelings do you need to monitor in order to say “no” to negativity and “yes” to gratitude? Which voices or feelings do you need to embrace in order to grow in gratitude and celebration?
2. **Practice Celebration:** Spend a few deliberate minutes in reflection to name and identify three things you’re truly grateful for from the past week. It might even help to take a moment to write them down. Get as specific and particular as you can, even if you’re thankful for the “small things” of life. Share these as a group and then commit to each sharing one thing you’re grateful for each day this week on a group message thread.
3. Even if it’s over technology, **plan a Life Group social** in order to kick back, celebrate, and have some fun. Consider sharing a recipe and preparing it simultaneously, try playing an online game together, or book a [Netflix party](#). And feel free to share your ideas or pictures on our [Instagram](#) or [Facebook](#) pages.

