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## ***Thoughtful***

Featuring  
***Ashley Engle***

*Session 1: Think Kingdom Thoughts*

➡ ***Session 2: Think Joyful Thoughts***

*Session 3: Think Hopeful Thoughts*

*Session 4: Think Grateful Thoughts*

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To view the accompanying videos for this series,  
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## **Group Discussion Guide**

*In this session, we will explore the idea of finding joy in all things. We will look around at our own lives and find people, places, and things that bring us joy. The story of Paul and Silas will challenge us to “count it all joy” as we face trials and tribulations. Now that we’ve discovered Kingdom thoughts, it is time to add a little joy into our lives!*

1. What word would you hope people would use to describe you?
2. Tell about a person in your life you believe is a great example of someone who thinks joyful thoughts?

***Have someone read James 1:2-4 ESV***

***Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.***

3. What does James mean when he says to “count it all joy”?
4. Why do you think it is difficult to “count it all joy”?

Ashley spoke about the idea that “joy is a mindset, not an emotion.” We cannot feel emotions on command, but we can find joy in the deep-seated contentment that we choose.

5. Think about your life. Is there a place where you could choose to be content but you are not?

Ashley shared about her struggle with anxiety and how she can now see the good that came from it. Because she lived it, she can speak about it and offer encouragement to others. If you can’t see the good yet, do not be discouraged.

***Have someone read Romans 8:28.***

***And we know that for those who love God all things work together for good, for those who are called according to his purpose.***

6. What one word sticks out to you and why?
7. How have you seen this verse play out in your life as God works all things together for your good?

Oftentimes we might find ourselves struggling to believe that we deserve for God to work things together for our good. These negative thoughts we think about ourselves can easily distract us from joyful thoughts.

8. What are negative thoughts that could distract us from joyful thoughts?
9. What could you do as a single mom to teach your children about thinking joyful thoughts?
10. What is one thing you are walking away with from this week?
11. How can we be praying for you this week?

*To share your thoughts regarding this study, contact us at [info@ariseministries.net](mailto:info@ariseministries.net).*

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