



CHILL

God's Rhythms for a Heart at Rest

WEEK 5 | GROUP DISCUSSION QUESTIONS

CONNECT

- What has been the best celebration of which you have been a part (birthday, anniversary, wedding, etc.)? Why?

CONSIDER

- What was encouraging or challenging from the sermon and/or daily devotions this week?

CHRIST

- If you were having a joyful day, how would people know it? What would be the outward sign that would give it away?
- In John Ortberg's book *The Life You've Always Wanted*, he quotes G.K. Chesterton as saying, "Because children have abounding vitality, because they are in spirit fierce and free, therefore they want things repeated and unchanged. They always say, 'Do it again'; and the grown-up person does it again until he is nearly dead. For grown-up people are not strong enough to exult in monotony. But perhaps God is strong enough to exult in monotony. It is possible that God says every morning, 'Do it again' to the sun; and every evening, 'Do it again' to the moon. It may not be automatic necessity that makes all daisies alike; it may be that God makes every daisy separately, but has never got tired of making them. It may be that He has the eternal appetite of infancy; for we have sinned and grown old, and our Father is younger than we."

What do you learn about celebration and joy from this quote? On a scale of 1 to 10, where do you feel you are with joy—a joy-killer being 1, and a joy-carrier being 10?

- Read the passages below as a group. **How do these verses help you understand how celebration and joy should look in our lives?** Write down what you learn about celebration and joy.
 - **Nehemiah 8:10**

- **Psalm 4:6-7; 67**
 - **Luke 15:7**
 - **Romans 15:13**
 - **Galatians 5:22-23**
 - **Philippians 4:4**
 - **1 Thessalonians 5:16-18**
 - **Hebrews 12:2**
 - **James 1:2-3**
 - **1 Peter 1:8-9**
- Joy, celebration, and thanksgiving are not a result of where we are in life, but where we are in Christ. In fact, how well we celebrate is an indication of how well we're resting with Christ.

How does joy and celebration come from rest? What gets in your way when it comes to joy and celebration? What happens to us when we are lacking celebration and/or are joy-deprived?

- When we celebrate and find joy in God, it places Him at the center of our lives. This shifts our focus from ourselves and to resting in Him.

Over the past few months, what are some joyful moments that you need to celebrate? For what can you give thanks to God?

- Take a look at the rhythms of your week.

How can you include more time to celebrate? How could we include more time to celebrate in our group? How would these two things raise your joy quotient from the previous question?

CALLING

- When we celebrate, we increase our ability to see and feel the gifts of God. This often includes taking delight in something that we haven't noticed or have taken for granted. When this happens, our joy increases. This week, find ways to celebrate God's gifts in your life.
- **Daily Devotions**
Spend 15 minutes each day with Northside devotions. Text DEVO to 81212 or use the Study tab in Northside's mobile app for daily devotions.
- **Memorize:**
May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
Romans 15:13
- **Further Study:**
 - Read *Chapter 4 - The Practice of Celebration* in *The Life You've Always Wanted* by John Ortberg.

- o Read these Psalms: 98, 111, 145, and 150.