

## **SOAP Daily Devotion – complements the sermon for 11.1.2020**

### **Monday – 1 Thessalonians 5:16-18**

Describe joy, and how does joy motivate you?

How can you help yourself be mindful of your joy level day to day?

Make a plan to gauge your joy level during the week.

### **Tuesday – Philippians 2:14-18**

What impact does your complaining or grumbling have on your joy?

What impact do others complaining or grumbling have on you?

What benefits do you see in mutual rejoicing?

### **Wednesday – Philippians 4:4-7**

How does the ability to rejoice and gentleness complement each other?

What are anxieties stealing joy from your life?

### **Thursday – Galatians 5:22-23**

What part does the Holy Spirit play in developing joy in your life?

If a friend asked you how they can develop joy in their life, what practical advice would you give them?

### **Friday – 1 Thessalonians 5:16-18**

These will be the message texts for three weeks. Please take a moment to read through it slowly.

When you think of praying continually, what comes to mind?

Who in your life has demonstrated praying continually?

How would you describe their spiritual life?