

AUG 31/SEPT 1 | THE GRATEFUL LIFE | DAVE NICHOLS

The Grateful Life
"Choosing Joy"

Philippians 4:2-23

THE BIG IDEA

Choosing joy leads to a peace-filled, grateful heart.

A grateful heart develops as we stay connected to Jesus through spiritual practices.

Choosing joy is a "mindset" that directs our actions.

The only way to live The Grateful Life is to consistently choose joy over time.

Next Steps:

Live It Out... a daily discipleship guide

Ask Jesus: "What is one spiritual practice I can do today to stay connected to you?"



2RC.tv/LiveItOut

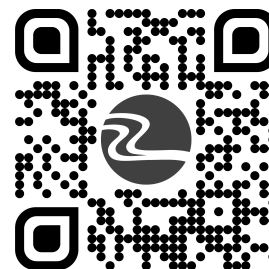
Find the bulletin online at 2RC.tv/Bulletin | Prayer Tower Code: 41631#



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I NEED MORE INFO ABOUT



Keep in the loop @ 2RC.tv/Events

ALL CHURCH

Office Closed | Monday, Sept. 2 | 2RC.tv

Our office will be closed, Monday Sept. 2, in observance of Labor Day.

Wade In | Membership Class | Starting Sept. 8 | 2RC.tv/WadeIn

A 4-week class that shows you why we do what we do and how we do it at 2RC.

Fall Camp | Sept. 13-15 | Doe River Gorge | Register at 2RC.tv/FallCamp

Students are encouraged to attend one of our biggest weekends of the year!

Serve Saturday | Sept. 28 | Register at 2RC.tv/ServeSaturday

Join us in the community as we show the love of Christ to those around us.

HARRISON LN

The Well | Every Wednesday | 6:30P | River Room | 2RC.tv/TheWell

Join us for mid-week worship and prayer at The Well every Wednesday night.

BEARDEN

College Gatherings | Sept. 8 | 6:30P | Every Other Week

Invite your friends and come out to hang out with our college ministry.

ROANE COUNTY

Who's Coming to Dinner? | Sept. 13 | 6:00P | Sign up in the Lobby

Sign up and show up... we'll take care of the rest. Dinner Hosts: Mikelson Family

PRAYER REQUESTS

I HAVE DECIDED TO FOLLOW JESUS TODAY!

I'M INTERESTED IN BEING BAPTIZED!

LIVE IT OUT | A DAILY DISCIPLESHIP GUIDE

Listen to [Live It Out - Podcast "The Grateful Life - Week 5"](#)

Monday | Read/Listen to [Philippians 4:2-23](#) | Worship to "We Praise You"

Choosing joy leads to a peace-filled, grateful heart. What's the difference between pretending to be joyful and choosing joy? How does this passage impact your answer? In what recent situations have you found it most challenging to choose joy? How can you remind yourself it's possible to choose joy, even in those circumstances? Ask Jesus, "Where are you giving me an opportunity to rejoice?" Sign up for [Serve Saturday](#).

Tuesday | Read/Listen to [Philippians 4:2-23](#) | Worship to "Like Incense"

A grateful heart develops as we stay connected to Jesus through spiritual practices. What spiritual practices do you see emerge in Philippians 4? What are other spiritual practices you use to stay connected to Jesus? How have they impacted you recently? Ask Jesus, "What is one spiritual practice I can do today to stay connected to you?"

Wednesday | Read/Listen to [Colossians 3:1-17](#) | Worship to "Enter The Gates"

Choosing joy is a "mindset" that directs our actions. What's the "mindset" you see in Colossians 3? What is your part in putting off the old and putting on the new? How does this impact how you see "joy" in your life? How does choosing joy influence your relationships with others, especially when disagreements arise? Ask Jesus, "What old way of thinking is robbing joy?"

Thursday | Read/Listen to [Philippians 2:6-11](#) | Worship to "Grateful"

Begin by worshiping with the song and listening to the Scripture multiple times.

The only way to live The Grateful Life is to consistently choose joy over time. How does the example of Christ inspire gratitude? How can consistently choosing joy become a consistent spiritual practice for you? What's irritating, upsetting, or making you angry right now? How does this stand in the way of joy? How does worship change things? Ask Jesus, "Who do you want me to pray for today?"

Friday | Read/Listen to [Philippians](#) | Worship to "Good Plans"

Choosing joy leads to a peace-filled, grateful heart. What core truth do you need to hold on to as we move from this series? Write one or two down. Place it in your Bible in Philippians. Ask Jesus, "What question do you want me to ask today?"



Next Serve Saturday: Sept. 28

Serve Saturdays are an opportunity for us to become the hands and feet of Christ in the communities surrounding our campuses.

To sign up for a service project, scan the QR Code or visit 2RC.tv/ServeSaturday

