

# Look Up

## Transformed by the Truth

Questions for Reflection & Discussion



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Deuteronomy 16:14-15; Psalms 33:1; 66:1; 95:1; 100:2; Habakkuk 3:17-18; Philippians 4:4; Colossians 1:10-12



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1 Chronicles 16:27; Psalms 16:11; 21:6; 27:4; Jeremiah 2:2, 13; John 17:3; Philippians 1:21; 3:8; Colossians 1:16



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Acts 8:39; 16:34; 1 Peter 1:3-9

See also Psalm 16:11; Matthew 13:43; 24:30-31; 26:29; Luke 12:33, 37; 13:29; 14:14; 18:7-8; 19:17; 23:43; Romans 8:23; 1 Corinthians 2:9; 13:12; 15:49, 51-52; 2 Corinthians 4:17; 5:1-5, 8; Philippians 2:10-11; 3:21; 1 Thessalonians 4:17; 2 Timothy 4:8; 1 John 3:2; Revelation 2:26; 3:21; 5:10, 13; 7:15-17; 14:13; 20:6; 21:3-5; 22:3, 5

1. Is the Christmas season typically a happy or sad time for you? Why? What do you enjoy most about it? What is most depressing about it?
2. Read Psalms 33:1, 66:1, 95:1 and 100:2 as well as Philippians 4:4. Do you think joy is something you can create by choice? Why or why not? What makes choosing joy a challenge for you?
3. Read 1 Chronicles 16:27, Psalms 16:11 and 21:6, Jeremiah 2:13 and John 17:3. Does knowing God give you joy? Why or why not? How do you think pursuing Him more wholeheartedly will affect you emotionally?
4. Read 1 Peter 1:3-9. Are you looking forward to heaven? Why or why not? What do you imagine it will be like? What Scriptures have shaped your perspective?
5. What is something you can resolve to do every day between now and Christmas that will help you to “look up” and therefore increase your joy?