

# RUNNING ON FULL

HOLY HABITS FOR THE HOLIDAY SEASON

## GROUP DISCUSSION QUESTIONS

### WEEK 1: FULL OF JOY

#### CONNECT

- Have you ever run out of gas when driving? Do you have a different attitude or peace of mind when your vehicle's gas tank is on full versus when it is nearly empty? At what point are you most likely to fill your gas tank?
  - When it gets below a half tank?
  - When it gets below a quarter tank?
  - When the red light comes on?
  - You regularly coast into the gas station completely out of gas?

#### CONSIDER

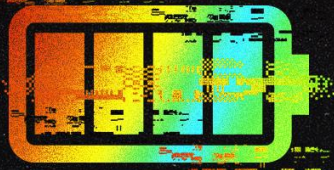
- **What encouraged or challenged you from the sermon and/or daily devotions this week?**

#### CHRIST

- Philippians 4:4 says "Rejoice in the Lord always; again I will say rejoice." Notice how the word "rejoice" is repeated almost immediately one after the other. Nothing in the Bible is there by accident. **Why do you think God chose to do that? Is this just a message for the Philippian church or for us today?**
- While the verse just discussed (Philippians 4:4) reads the same in nearly every translation of the Bible, the very next one, Philippians 4:5, reads a bit differently in various translations:
  - ESV: "Let your reasonableness be known to everyone. The Lord is at hand."
  - NIV: "Let your gentleness be evident to all. The Lord is near."
  - KJV: "Let your moderation be known unto all men. The Lord is at hand."
  - ASV: "Let your forbearance be known unto all men. The Lord is at hand."

While one can argue how close the words reasonableness, gentleness, moderation, and forbearance (which means patience, self-control, tolerance) are in meaning to each other, one thing is clear; we need to make this known because the Lord is coming soon! The imagery is interesting here. In Philippians 4:4, we can see a picture of someone jumping up and down in joyful exuberance. In Philippians 4:5, we can see an opposite posture; one that is almost calm (gentle, moderate, controlled). A few questions need to be asked:

- **If Jesus is truly returning soon, would your overriding posture be one of joy, calm, or both?**



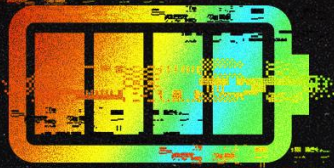
# RUNNING ON FULL

HOLY HABITS FOR THE HOLIDAY SEASON

- **Is it possible to be both at the same time?**
- **If Jesus was to return tomorrow, how high on your list of things to communicate to others would things such as your reasonableness, gentleness, moderation, or forbearance truly be?**
- **Read James 1:2-4.**
- Some of the answers to the previous questions might be found in this portion of scripture found in James 1. Here we see a response to trials of various kinds being one of joy. The idea of that is contrary to anything the world would teach us. **Why might joy be an appropriate response to trials?** Looking at how this reads in other translations might be helpful here as well.

## CALLING

- As the calendar shifts to November and races toward the holiday season, our emotions and the emotions of those around us seem to shift as well. For some, the holidays are a time filled with joy. For some, just the opposite. Depending on which category you fall into, here are some things you can do:
  - If you are one of those people who are not looking forward to the holidays, Our Care Team at Northside puts on a great event that really everyone can benefit from called **“Thriving in the Holidays” on Monday, November 15, at 6:30pm. Register at [mynorthside.info](http://mynorthside.info)** and bring someone with you that might be struggling during this time. This is a free event.
  - If you are part of group life here at Northside and would like to spread some joy during this season, your group can participate in our **Groups That Serve** initiative. We are giving each group \$500 to bless someone relationally during this season. All groups (Life Groups, Support Groups, Young Adult Groups, Student Groups) are eligible to be part of this. **Learn more at [mynorthside.com/groupsthatserve](http://mynorthside.com/groupsthatserve)** and to register your group to participate.
- **Daily Devotions:** Take the time to read the daily devotions associated with this *Running On Full* series. Then, to continue with this spiritual habit of daily devotion with God, text JOINGOD to 81411 or use the Study tab in Northside’s App to receive devotions on a daily basis moving forward.
- **Further Study and Reflection:**
  - Read “Choose Joy - Because Happiness Isn’t Enough” by Kay Warren.



# RUNNING ON FULL

HOLY HABITS FOR THE HOLIDAY SEASON

- o Read “Joy in the Sorrow” by Matt Chandler.
  - o Read “Surprised by Joy” by C.S. Lewis.
- **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*