

- 4) Which one of these comes most easily to you and why?

- 5) Select the one item that you think would improve your joy level (and perhaps others' joy level as well) for each of the following environments:
 - At Home
 - At Work
 - While you're driving
 - At church
 - With God

- 6) Paul bookends this section talking about peace. Read vv, 7 and 9 out loud. What is the relationship between our thoughts and the amount of peace we have in our lives? In v. 7 Paul says that we can have the peace of God, but in v. 9 he says that we can have the God of peace. What's the difference? Which would you rather have?

- 7) What is one thing you **will do** this week to think better thoughts?