

# Pathway Productions, Take Two!

“Inside Out” - It’s Complicated

**Life Steps** | April 23 & 24, 2016

## Day 1

**Romans 15:13**

Paul had plenty of reasons not to be happy, but he speaks with a joyful spirit and encourages us to know joy in order to experience hope. Do a check on your emotions today. If you’re not feeling happy, how can you experience joy?

## Day 2

**James 1:2-4**

Various testings and trials will come your way in life. Think back to a difficult period in your life. What was good during that time that you couldn’t see? Pray that God reveal the good in any current struggle you find yourself. Pray for others who are currently unable to feel joy.

## Day 3

**Isaiah 65:17-25**

God paints a future that is bright, but one that is not yet realized. What future do you desire for yourself, your family, your community... the world? How can you move toward it today? Look ahead with a joyful and expectant heart.

## Day 4

**2 Corinthians 8:2**

We often think we have little to give to others, but what is most valuable is giving ourselves. Be intentional about connecting with others today, so that you are ready to connect others to God when the opportunity presents itself.

## Day 5

**James 1:20**

Anger is a basic human emotion, but a dangerous one. We must be careful how we express our anger and channel it for good. Often, anger is connected to fear over some perceived threat. Identify the things that are making you angry, and see if you can identify the underlying fear that informs that anger.

## Day 6

**Matthew 6:25-34**

Anxiety is born out of fear that our needs and/or desires won’t be met. Jesus speaks to this in this passage. Take an inventory of what you need today, and then list those things you want. How do the two lists compare?

## Day 7

**Jeremiah 17:7-8; 29:11**

Change can be traumatic, but God’s desire for us is good. How can you re-frame memories of difficult times in your life where you see how God was present? Write down or share that story with someone today.