

# Next Steps

“**Next Steps**” are ideas and opportunities to help you go deeper in your faith. They are different each week, and linked to Sunday's message.

Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church and the world.

## November 22, 2020 | “RE: Rejoice”

- God calls us to rejoice because God knows joy will change our lives. This week reflect on these scriptures:
  - Psalm 100
  - Psalm 118:21-25
  - Zephaniah 3:14-17
  - Philippians 4:4-7
  - 1 Thessalonians 5:16-24
- Joy can be found in:
  - **the good things that happen to us.** When have you experienced joy because of something good that happened to you? How long did that joy last?
  - **doing things we love.** What activities bring you joy? How can you engage in this work more often?
  - **time spent with family and friends.** How can you connect with family and friends even during this period of social distancing?
  - **being mindful of all the good around us.** This is *gratitude*.
    - Read the story of the leper who returned to give thanks to Jesus in Luke 17:11-19.
      - What do you think made him stop? What made him return to Jesus?
      - How can you stop and be mindful of all that is around?
    - How can you practice gratitude?
      - try a **gratitude journal**: keep a daily list of all you are thankful for.
      - set a **gratitude alarm**: set an alarm for the same time every day and when it goes off, stop and give thanks.
      - write **thank-you notes**: Who is often overlooked in our society that you want to thank? Send them a short note.
    - Be mindful! Make sure you stop this Thursday and thank God for all the good things you see around you.