



## **Yes, AND - Topher Assell**

### **Icebreaker:**

1. If you could be a contestant on any game show, which one would it be?
2. If you could trade places with anyone for one week, who would you want to trade with and why?

**Engage the Bible:** Have someone read the following piece of scripture and then discuss what stood out to you and why?

### **Exodus 15:19-20:**

**19** When Pharaoh's horses, chariots and horsemen went into the sea, the Lord brought the waters of the sea back over them, but the Israelites walked through the sea on dry ground. **20** Then Miriam the prophet, Aaron's sister, took a timbrel in her hand, and all the women followed her, with timbrels and dancing.

### **Small Group Discussion Questions:**

- If you were "reminding yourself what God's already given you" what would the first non-person on your list be?
- When was the last time you or someone you know had to choose joy instead of despair?
- What most often pulls your attention away from Joy?
- What refocuses you on the joy we have in Jesus?

### **Faith Practices to try...**

- Catalog your Joys
- Remind yourself what God has already given you
- "You could've just.." Statements