

JOE MELENDREZ

Artist:

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Album Title & Record Company:

PRAISESHIP
JOE MELENDREZ

Video Title:

THIS IS THE DAY
(FT HANNAH SCHAEFER)

Theme:

THANKFULNESS,
PRAYER; THANKSGIVING,
DEVOTION; QUIET TIME



This Is the Day

- What word or phrase stuck out to you while listening to the song?

- There is a saying, "Where your focus goes, your energy flows." What are you putting your energy into right now?

- The Scripture also reminds us to "rejoice and be glad." What can you rejoice and be glad in right now?

- What do you think God is saying to you through this word or phrase?

- What do you need to do (or remove from your life) to fully focus on Jesus right now?

Reflect

- Did this time in prayer help you focus on Jesus?

Hebrews 12:2

- Why is focusing on Jesus so important as a follower of Christ?

Psalm 118:24

- Think of an experience that didn't go the way you expected. Where was your focus?

- What is one thing you can concretely do to help you focus on Christ this week?

- Can you fully focus on Jesus if you are concerned with other things? Why or why not?

- If Christ was not your focus, what do you think would have happened if you turned your focus to God?

- Is there someone that needs to hear an affirmation of God's hope in their life today? Can you commit to contacting them to let them know?

- Why is it important to put our hope in the Lord?

- How would focusing on the words "This is the day the Lord has made" change your perspective?