**WHEN LIFE GIVES YOU LEMONADE**

Notice

1. What’s your go-to drink on a hot day? What do you particularly enjoy about it? Be as specific as you can.
2. This week’s message was about *noticing*the sweetness of God all around us. Read Ecclesiastes 9:7-10. What most often prevents you from noticing the blessings all around you and responding to them with joy?
3. Read Mark 5:21-34, a narrative centering on a woman who had experienced plenty of hardship in her life. What do you notice about her response to her physical and then spiritual healing? How is her response similar or different to what yours would be?
4. Dion Garrett talked about two ways we can get better at noticing God’s goodness. The first: beware of the negativity bias. When you’re pulled into life’s hardship and negativity, what have you found to be most helpful to keep you focused on the goodness of God?
5. The second way Dion encouraged us to get better at noticing God’s goodness is by learning to look for both concrete and abstract blessings. Think of three blessings that you can see in your life today for each of the categories. If you need inspiration, look at Psalm 103
6. Finally, this week’s challenge: Begin a time of reflection at your evening meal, discussing (or texting a loved one if you’re eating solo), “What was the best part of your day?” If you haven’t done that already, try it now.