



Love God Love People Live Like We Mean It

Group Share

1. What is one way you won last week?

Think On These Things

- Studies show that when people review photos on their phones, this not only triggers feelings of primary and positive emotions such as joy and love, but it also strengthens our memory and relationships. Our photos remind us of people, pets, places, and activities that we love as well as helping us to remember the past. This has been shown to reduce our stress and enhance our mood and overall well-being.
- Looking back and reminiscing on happy times and special moments, creates an 'emotional bubble' – as if on auto-response we return to the moment that we can see in the image. This fuses with our wider memories of the occasion that we might not have photographed and transports us back to a happier place.
- Laughing at silly photos releases endorphins, our body's natural stress reliever. Seeing images of our friends and family, and fulfilling moments in our lives, reduces cortisol and adrenalin which are the hormones responsible for anxiety.
- Our mantelpieces, windowsills, shelves, and sideboards, where many of us display our treasured photos in frames have been shown to be one of the most peaceful places in our home. This is because of the immediate sense of well-being that we get by looking at photos of our loved ones at various stages in their developing lives.
- Research has also shown that having 'real' photos in our home, provides regular psychological positive reinforcement by reminding us of 'social bond enhancement' – essentially what and who are important to us.

Psalms 77:11-14

"I will remember the deeds of the Lord;
yes, I will remember your wonders of old.
I will ponder all your work,
and meditate on your mighty deeds.
Your way, O God, is holy.
What god is great like our God?
You are the God who works wonders;
you have made known your might among the peoples."

Philippians 4:6-8

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Photo Reflections Exercise

Pause for 5 Minutes to Create Your Philippians 4:8 Photo Album



Break into small groups to discuss the following questions.

Questions to Consider:

2. Each person takes turns showing the group one photo from your new album. Share with them why it's special to you, how it makes you feel, and what it represents to you.
3. How does this photo focus your thoughts on what is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise?

Gather Back as One Group and Share What You Got From Today's Discussions - End In Prayer