



## Joy vs. Happiness

*Philippians 4:4*

## God's Story

*Luke 2:8-20*

### When Joy meets us:

1. Joy that came – God revealed to us

*Luke 2:8–14*

2. Joy that remains – God abiding with us

*John 15:11; James 1:2; Habakkuk 3:17-19; Hebrews 12:2*

Three invitations we are given:

- Choose to pursue joy  
*Psalm 51*
- Choose Jesus as your source of joy  
*Isaiah 61:10*
- Choose to rejoice  
*Philippians 4:4*

3. Joy that overflows— God proclaimed by us

*Luke 2:15–20*

## Jesus and Joy

*John 16:16-24*

### **Small Group Questions:**

1. In your own life right now, where do you notice the difference between happiness tied to circumstances and joy rooted in God's presence? What tends to steal your happiness? What helps anchor your joy?
2. The Bible shows joy existing alongside difficulty, waiting, and loss. Where are you currently being invited to abide in Jesus rather than wait for circumstances to change? What would it look like to trust God's character in that place?
3. The shepherds didn't keep their joy private—they shared what they had seen and heard. Who has God placed in your life right now that might need to experience joy through you—through encouragement, presence, or a simple word of hope?

### **Be Intentional:**

Each day this week, take two intentional minutes to *return to joy*:

- Name one place of gratitude (even if life feels hard).
- Speak Philippians 4:4 or Psalm 13:5–6 out loud.
- Ask Jesus: "*Help me see where You are with me today.*"

Then, share one act of joy—a text, a prayer, an encouragement, or an invitation—with someone else.

### **Pray:**

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.