"Joy In The Everyday: Not Just Nice To Have"

Growth Group Guide **October 25, 2026**

WELCOME *(Connecting with each other)*

Essential means absolutely necessary, indispensable, or fundamental to the core nature of a thing (Merriam-Webster Dictionary Online). How is this good news for us when it comes to joy? What do you like about joy?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Rejoice! The joy of Jesus is yours! It's in you, strengthens you, fills you, and makes you gracious and gentle. Open with a prayer of celebration!

Philippians 4:4 AMP. Rejoice in the Lord always [delight, take pleasure in Him]; again I will say, rejoice!

WORD *(Letting God speak to us)*

1. What do you think is the most common way commands are heard in the Bible (as have to's or get to's)? How is it helpful to know the way we hear commands can help us identify the default systems we operate from (law, license, or grace), our mode of operation (independence or dependence), and the source we draw from (flesh or Spirit)?
2. **Read Philippians 4:4-5.** Before the sermon and the discussion in the last question, how have you heard the command in 4:4? With what we are learning, how can these verses be heard differently?
3. The word "rejoice" and "grace" share the same root meaning in the Greek language. Grace is God giving, and us having, His favor. It means we are right with Him. He also gives Himself freely to us on a daily basis. We don't have to try to get Him through religious activities or systems. How does this impact your view of joy?
4. **Read Titus 2:11, Romans 5:2, and Romans 6:14.** What more do you learn about grace from these verses? Do they grow your joy in Him?
5. **Read John 15:11.** Philippians 4:4 in the PHILLIPS says, "Delight yourselves in God [the Lord Jesus], yes, find your joy in him at all times." What do you learn about joy in these verses? Does it differ from what you thought joy was? If so, how?
6. Nehemiah 8:10 tells us the joy of the Lord is our strength. It's His joy that gives us strength. Hardships then don't excuse us from joy, but they require joy. Does this encourage you and help you see that joy fits in with times of difficulty? If so, how?
7. Joy and power go hand in hand, so it would make sense that the devil and his forces would work overtime to keep us from being joyful. In what ways have your joy in Jesus been attacked? Now, knowing Satan's purposes, how might we approach these attacks on our joy?
8. Paul seems to be saying that joyful people naturally have a reputation of being reasonable and gentle. Why do you think that is?
9. In the PHILLIPS translation of the Philippians 4:5b it says, "never forget the nearness of your Lord." Why is this important to know following the commands just given in v4-5 and for our joy overall?
10. For us, joy is not elective but essential because we are made for it, designed for it. Because of this, we can desperately try to find things to give us joy. But, there are a lot of false sources of joy in this world. It is a gift of God to us when they fail or He exposes them to be less than real joy. This isn't a great experience but occurs so that we can find true joy in Jesus, which always satisfies. After this discussion, how can we get back to finding our joy in Jesus when things don't turn out like we hope, or if we feel we've lost our joy?

WALK *(Living out God's purposes)*

✓ **One Big Idea: Joy is not elective but essential for us and is ours in Jesus.** In what ways has your view of joy been changed or expanded through the sermon and this lesson? What do you think about it being essential? Take time this week to talk to God about it. Ask Him bold questions like: 1) Where does He want to replace a human source of counterfeit "joy" for true joy in Him? 2) You were made for joy, designed for it. Ask Him to help you see the truth of this and receive it. 3) Since other things can't provide the level of joy we require, ask Him how He will fill you fully so you don't have a need to "top off your levels" with self-effort or human sources. 4) Joy, reasonableness and gentleness flow naturally from a person steeped in God's grace. Rejoice! Ask Him to help you see all 3 qualities through you at once. 5) Is your joy under attack? Ask Him for His help in not giving Satan any room to steel your joy, and therefore, your strength in Him.

WORLD *(Embracing God's heart for others)*

Aury Villa, our missions partner in the Dominican Republic, and his team from the Healing Souls Church are following God's lead to expand the Gospel in their area in two keys ways. First, they are building a new church in another community, and second, they now have 127 kids coming every Saturday and Sunday to their church for care and discipleship. And with every child, comes the opportunity to disciple the parents too! Pray for the ongoing discipleship of families and the expansion of the Gospel in other communities they have impact in. Pray for God's provision and safety over the new building project. Pray for their personal inner and physical strength and for refreshment and protection for their own families as they minister the love of Jesus daily to those around them.

Colossians 1:28-29 NASB. "We proclaim Him, admonishing every person and teaching every person with all wisdom, so that we may present every person complete in Christ. For this purpose I also labor, striving according to His power which works mightily within me."

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