

The Remedy

DISCUSSION GUIDE | October 12, 2025

BIG IDEA

Joy is cultivated and maintained through an ongoing connection with Jesus.

Message title: Resilient Joy

Scripture Reading: John 15:5-12 NIV

Resilient Joy isn't found in perfect circumstances or self-focused pursuits, but in correctly setting our priorities. When we remain connected to Christ (as defined by submitting to, resting in, and focusing on Him), we can find the sort of life we and the world desperately need.

1. *When was the last time you experienced genuine joy?*
 2. *What does it look like in your daily life to “remain” or “abide” in Jesus?*
 3. *Brady argued that “inside-out joy” can turn envy into contentment, greed into generosity, and grumbling into gratitude. Which of these transformations do you most need?*
 4. *Where in your life do you tend to live with an “I have to” mindset, and what might it look like to reframe that as an opportunity to partner with God?*
 5. *When have you experienced a joy that persisted even in a painful or fearful situation?*
-

THIS WEEK'S CHALLENGE

This week, take 5 minutes each morning to reconnect to Jesus. Then ask yourself, “What does it look like for me to love someone today the way Jesus has loved me?” As you do, notice how joy shifts from something you chase to something that flows through you.