



THEME: REPRESENT: THE JOY

MEMORY VERSE:

“A cheerful heart is good medicine, but a broken spirit saps a person’s strength.” Proverbs 17:22 (NLT)

******Remember to listen to this week’s sermon, review the Sermon Notes Sheet and complete the discussion questions before attending your Connection Group.***

INTRODUCTION:

Do you have tons of items on your to-do list? Well, add one more. It's time to pencil in joy!

Chances are, you simply need more joy in your life. But if you prefer, you can think about the serious side of fun. Experts say good feelings can boost your ability to bounce back from stress, solve problems, think flexibly and even fight disease.

This week’s sermon and Connexion Group Lesson we will explore what the Bible says about the amazing joy that Jesus readily offers us – not a partial joy dependent on circumstances and people, but a full joy based in Him and in His promises.

OPENING DISCUSSION QUESTIONS

Who are three of the most joyful people that you know? What makes these people so joyful?

GROUP LESSON DISCUSSION

1. What was most helpful, encouraging, or challenging from this week’s sermon?
2. Joy remains elusive for some of us because we do not pursue joy—we pursue happiness, that transitory feeling of fulfillment. Have you sought fulfillment through money and possessions?
As you have achieved your financial goals, have you become content or created new financial goals?

3. No one takes our joy from us. We choose whether we will relinquish it because of a situation, person, or sin or whether we will cultivate and nurture it. What some ways that Satan seeks to steal our joy?
4. Worry steals our joy by diverting our attention away from the Lord and by causing us to doubt God's goodness and faithfulness. Do you ever say you trust the Lord, but then think of a second option just in case the Lord does not come through?

Is thinking of a second option really trusting in the Lord? Why or why not?

5. Joy is a fruit of the Spirit, produced naturally in us as we abide in Christ. How has your salvation changed your life?

How can reflecting on your salvation enable you to remain more thankful and joyous?

What are three of your greatest challenges for living a daily joyous life?

next steps

This week as you commit to living a daily joyous life, read and mediate of the following verses from the book of Psalm:

Monday: Psalm 4:7-8

Tuesday: Psalm 9:2

Wednesday: Psalm 16:11

Thursday: Psalm 28:7

Friday: Psalm 30:11-12

Saturday: Psalm 40:16-17

Sunday: Psalm 43:4-5