

THIS IS HOW WE DO IT

Small Group Guide – Week of October 19

This Is How We Do It: Laugh Loud

Date: Week of October 19, 2025

Focus Passage(s): Philippians 4:4; Zephaniah 3:17; Luke 2:10-11

Theme: We will laugh loud, hard, and often. Because we have a joyful God, we value having fun as we lead and serve together.

Suggested Schedule (60 minutes total)

Segment	Time	Description
Icebreaker	10 min	Build connection and open up the room
Intro/Recap	5 min	Read the key passages for the week
Group Discussion	25 min	Dive into Scripture and discuss real-life application
Deeper Dive Option	5–10 min	Optional deeper Bible study or individual challenge
Prayer & Requests	10–15 min	Close in prayer for growth + personal needs

Tips/Expectations

- Keep a lighthearted, open tone. This week's topic invites laughter!
- Not everyone will feel joyful right now; acknowledge that and remind them that joy can exist even in hardship.
- Encourage authenticity. Joy doesn't ignore pain, but it invites God into it.
- Tie laughter and joy to connection. Laughter often opens the heart for deeper discussion later.

1. Icebreaker

Time: 10 minutes

Prompt (choose one):

When was the last time you laughed so hard you cried? What was so funny about it?

Who in your life makes you laugh the most—and why?

2. Message Recap + Scripture Introduction

Time: 5 minutes

Prompt:

Joy is a really foundational part of who we are as people who follow Jesus. Philippians 4:4 says, “Rejoice in the Lord always. Again I will say, rejoice!” Always means always. Good stuff happening? Rejoice. Even during the difficult seasons? Rejoice.

Read aloud:

Philippians 4:4; Zephaniah 3:17; Luke 2:10-11

Discussion Starter:

Why do you think Paul repeats the command to rejoice in Philippians 4:4?

3. Group Discussion

Time: 25 minutes

1. *Understanding Joy*

- What do the verses above tell us about God’s heart toward joy?
- Zephaniah 3:17 says God “rejoices over you with singing.” What does that image communicate about how God feels about you?
- How might knowing that God delights in you change your understanding of joy?

Example Insight: “It’s powerful to realize that joy isn’t something we create—it’s something God shares with us.”

2. *Identifying Joy Robbers*

In the message, Adam listed several “joy robbers”: relationships, circumstances, hurts, feelings, and focus.

- Which of these do you identify with most right now?
- How do those things try to pull your focus away from Jesus?
- Can you recall a time when your joy was restored even though your situation didn’t change?

Read **Proverbs 17:22**.

- What connection do you see between laughter, joy, and spiritual health?

3. The Source of True Joy

Luke 2:10-11.

- Why does the angel describe Jesus' arrival as "good news that will bring great joy"?
 - How does this verse show that our joy is tied to the gospel and not our circumstances?
 - When you think about your relationship with Jesus, what is one thing that brings you joy right now?
-

4. Choosing Joy Through Focus

In the message, Adam said, "Where you place your focus matters."

He gave three focuses that cultivate joy:

1. Focus on Jesus
2. Focus on God's provision
3. Focus on gratitude

Read Hebrews 12:2.

- What does it mean that Jesus found joy even while facing the cross?
 - Which of these three focuses do you need to lean into most this week? Why?
 - How can intentionally focusing on gratitude change the way you experience your day?
-

4. Deeper Dive (Optional Study or Personal Challenge)

Time: 5-10 minutes

Character Study: Mary, the mother of Jesus

A character study looks at a person in the Bible - their story, choices, faith, and struggles - and asks what we can learn for our own lives. The action step is to read the scripture about that person and think about how to apply their example to your own life.

Mary responded with joy and faith when the angel told her she would give birth to Jesus. Her song in Luke reveals a heart filled with gratitude, humility, and delight in God's goodness even though her situation was complicated and unknown. Mary's example reminds us that joy is rooted in trust and surrender to God's plan.

Read: Luke 1:46-55

Additional Scriptures for Study:

The Joy of Salvation – Psalm 51:12

Jesus' Joy and the Cross – John 15:11; Hebrews 12:2

The Fruit of the Spirit – Galatians 5:22-23

Resource Option (From GotQuestions.org):

Article: "Is There a Difference Between Joy and Happiness?" <https://www.gotquestions.org/joy-happiness.html>

Next Steps Challenge (5 min)

What's one way you can intentionally choose joy this week? Take five minutes each day to shift your focus toward joy.

1. Focus on Jesus.
2. Focus on what God has provided.
3. Focus on something you're grateful for.

5. Prayer Time (10 min)

Time: 10-15 minutes

God is a God of joy. Not only is He a God of joy, but you are what brings Him joy. He delights in you. He sings songs about you. And if He is a God of joy and created it, it makes sense for us to have joy, too.

Joy-Focused Prayer:

- Thank God for being a God of joy who delights in us.
- Ask Him to restore joy where it's been lost.
- Pray that our church would reflect His joy to others.

Open Prayer Requests:

Invite anyone to share personal prayer needs—joy-related or anything else.