

Week 3 JOY

Scriptures:

- Philippians 4:1, 4-9
- James 1:2-4
- John 16:16-22
- Hebrews 12:1-3
- 1 Peter 1:3-9

Sermon Discussion Questions: Habakkuk 3:1-2, 13-19

- How is joy different from the happiness we get from the circumstances and things of our life?
- In what ways can you identify with Habakkuk's prayer 3:17-19? How does it challenge you?
- How have you seen the concept of "though and yet" played out in your life or the life of someone else?
- What about God, His character, and His ways enable you to joy and rejoice in Him?
- Do you believe it is possible for a person to "choose joy"? Why or why not?
- How might cultivating joy bring strength to your life?

Reflection/application questions:

- On a scale of 0-5, 5 being strongly true, how joyful are you?
- What do you think are your biggest barriers to joy? As opposed to looking at external factors, look inside yourself.
- What substitutes do you gravitate toward as a source of joy?
- Jesus was a man of sorrows (though) and joy (yet). Imagine Jesus walking through life with you today. What would He cry with you about? What would He laugh with you about?
- When has God brought you joy in a place or time when you were least expecting it?
- In what way have you experienced the capacity to "count it all joy" (James 1:2) amidst various trials?

Cultivate:

- From the Scriptures, review and rehearse God's faithfulness to his people and to you personally. Daily aloud name, express gratitude and joy for His character, attributes and what He has done.
- Ask God how you could celebrate with joy or be a conduit of joy this week? Choose joy and share joy this week.
- Spend time with children this week. Enter their play for the sole purpose of receiving and experiencing their joy. What is behind or below their joy? What is God saying to you about joy? Embrace and emulate child-like joy.
- Find a joy mentor. Someone who is little further down the joy road than you are. Ask questions, find out how this person got to the place of choosing to face life with joy.

Video: <https://www.youtube.com/watch?v=XiGRe2HGfQ0>