



BREAKING THE ICE

What are three words that best describe Christmas for you? What is the most memorable thing that has happened to you since last Christmas?

What fun things do you do that bring you joy?

MAIN CONTENT

We're in our third week of talking about what the world needs now. This week, we learned the world needs joy. Joy is laughter; it's life, it's celebration and happiness. It's a deep-seated sense of wellbeing.

1. Do you find it easy to be full of joy? Why or why not?

Pastor Kevin said that "joy is a relational word and God is a relational God." In fact, God is the most joyful being in all the universe.

2. Do you think of God as joyful? What might you be missing if you neglect to acknowledge joy as a primary characteristic of God?

Pastor Kevin quoted author David Benner who wrote, "Imagine that God is thinking about you. What do you suppose He feels as you come to mind?"

3. Do you believe that God loves you and takes delight in you? Why or why not?

Read Zephaniah 3:17.

4. What is your reaction to the idea that God delights in and enthusiastically rejoices over you?

Jesus received joy from the Father, shared joy with friends, and received joy from a life on mission.

MAIN CONTENT

5. What does it look like, in practical terms, to be a person filled with joy from God? Describe someone you know who is an inspiring example of God-given joy.

Read Psalm 88. No discussion of joy would be complete without an honest acknowledgment that life can be truly and profoundly painful. Pastor Kevin taught us that the joy Jesus offers is greater than suffering... that joy and sorrow can coexist at the same time. Christianity is not about some fake, happy-all-the-time, superficial, and dishonest take on life. The Bible is for our messy, difficult, real lives.

6. When has Scripture's acknowledgment of profound suffering been particularly meaningful to you? How does a passage like Psalm 88 encourage you in your own spiritual journey?

There is joy that comes from living a life on mission, of helping people find and follow Jesus.

7. Where have you found this to be true in your life? If you are on a serving team at Cross Point, share about how that experience has brought you joy.

ACTION STEPS

Research has demonstrated that your self-esteem comes from what you think the most important person in your world thinks about you. This is why you'd be doing well to make God the most important person in your world.

This week

- + Meditate on Zephaniah 3:17 and remind yourself that God takes great delight in you.
- + Begin and end each day in gratitude, thanking God for the specific ways He blessed and enriched your life that day.
- + Choose joy in every circumstance.

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4