



BREAKING THE ICE

What's your favorite olympic sport to watch and why?

What's one thing you have learned from the joy series this summer?

MAIN CONTENT

This week we heard from Jeff Henderson. Jeff has been a pastor and recently started his own business where he consults with church, ministry and business leaders.

This week, Jeff talked about how to hold sorrow and joy at the same time.

1. Have you ever experienced joy and sorrow at the same time? What was that like?

Jeff had a consultant he was working with that was helping him transition to his new company. As Jeff was feeling both joy and sorrow he had a question, "How do we live in a way where sorrow doesn't eclipse our joy but joy abounds even more?"

Read 2 Corinthians 7:4

God wants us to experience joy no matter what comes our way.

In one of the smaller books of the Bible; Philippians, we learn that Paul is writing about joy and how to have it from an unlikely place, prison. If Paul can talk about having joy in prison there is probably something we can learn from him about how to have joy in our unlikely seasons.

2. What is the most unlikely season where you experienced joy? What did you learn in that season?

Read Philippians 1

When we have sorrow we need to ask a few questions to help us remember where our joy comes from. The first question is **"Where Am I looking?"** Paul was constantly focused on Jesus. He knew that Jesus

was his ultimate prize. Jeff said, "We don't deny reality but we don't let reality define us". Essentially when we are focused on Jesus, we are not chained to our circumstances and realities, our circumstances and realities are chained to us. Philippians 1:6

3. Where is the first place you look to when your circumstances have you down?

If you are constantly looking at your circumstances and letting your emotions rule you will stay bound but if you look to Jesus you will have an even greater story someday.

Joy rarely travels alone. Joy loves to share with others. We have to pursue authentic community, community that helps share joy. So the second question you ask when you are looking for joy in your sorrow is **"Who are your people?"** Philippians 1:3-5

4. Who are the people you surround yourself with that help you find joy in your sorrow?

You'll never know what the church can do for you until you experience what the church can do through you. When we serve others it does something in us. It creates joy that we have the opportunity to share with others.

5. Where has serving in church brought you joy?

In order to have joy in our sorrow we also need to remember to ask the Holy Spirit to help us see it. We can get caught up in all of our own mess that we can miss it. The third question you ask is **"Have I asked for help today?"**

Philippians 1:18-19

6. How often do you ask the Holy Spirit to help you? Talk about a time where you felt the Holy Spirit help you in a situation.

The last question we ask ourselves when looking for joy in sorrow is **"What is my worthy action today?"**

Philippians 1:27

Act your way into a new feeling. Keep moving, keep going and praying for the joy.

7. How do you persevere to seek the joy you are looking for?

CLOSING PRAYER

Thank you Jesus for the joy you that is available to us in the midst of our sorrow. That with you we can hold both. Will you show us where we can see the joy through our pain. Will you help us look to you in our sorrow and surround us with people that uplift us. Will you gently remind us to ask for your help and to keep moving. In your name, Amen.

ACTION STEP

This week when you feel sorrow creeping in remember to ask these 4 questions:

1. Where am I looking? -Philippians 1:6, 12-14.
2. Who are my people? -Philippians 1:3-5, 19.
3. Have I asked for help today? -Philippians 1:19-21
4. What is my worthy action? -Philippians 1:27

Take notes of how you respond and look to Jesus, have him guide you to people to help you, ask for his help and keep persevering.

If you haven't been serving at church, what keeps you from that? Where do you think you can serve others to help gain joy and share joy?

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