



BREAKING THE ICE

What is your favorite season and why?

How did you use the 4 questions Jeff Henderson gave us last week when you felt sorrow creeping into your life?

(1. Where am I looking? 2. Who are my people? 3. Have I asked for help today? 4. What is my worthy action?)

MAIN CONTENT

This week we finished up our series on the frequency of joy. Our good friend, author and member of our speaking team, Annie F. Downs, shared about the revelation of joy.

1. Which week about joy has been your favorite so far this summer? What lasting tips did you take away from the series?

The definition of revelation is making something known that was previously unknown. Revelation can also be described as a surprising and previously unknown fact, especially one that is made known in a dramatic way.

The last few weeks we have been talking about joy. The joy we have been discussing is relevant to help usher in this next season of our lives. When we find the revelation of joy it can bring hope to our season no matter what we are feeling.

2. How would you describe your current season of life? How have you experienced joy in this season?

When we talk about seasons we aren't just talking about weather. Seasons include what we do, what stage of life we are in, our jobs, families etc. Seasons aren't always easy. It's crucial to find a revelation of joy in the midst of any season of life.

The first step in finding a revelation of joy in our season is to **chase joy a little bit**. You may have to engage in some fun in order to find joy. Joy is the emotion attached to fun. You can feel more than one emotion at the same time. Sadness and joy can co-exist.

3. What do you do for fun? How has that helped you chase joy in hard seasons?

When we our down we can chase fun to invite joy into our season. The second step in finding a revelation of joy in our season is to **trust and believe what joy is telling you.**

When we trust joy, we remember things about God. When you are feeling happy or joyful about a situation, ask yourself why am I feeling that joy right now, what is making me happy?

It's fine to feel our emotions and analyze why we feel a certain way. As Annie said, "Emotions can ride they just can't drive".

4. What kind of questions do you ask yourself when you feel emotions? How do you analyze why you feel a certain way?

5. Do your emotions tend to drive your life or do you let them hang out in the passenger seat (you feel them but don't let them make all the decisions)?

Emotions are not a bad thing. They can help us analyze what is really going on in our lives. When we sit in our emotions too long and let them dictate our lives, it can become harmful.

Annie talked about reading Psalm 103 as a young adult and how it impacted her emotions and the seasons of life.

6. What scripture do you read when your emotions are getting the best of you and you need to be reminded of who God is and the joy He has in you?

The last step in finding a revelation of joy is to **surrender your life.** It's easy to tell our friends and loved ones to surrender it all to God but it's a lot harder when we open our hands and offer everything to Him.

When we surrender our seasons, our time, our jobs, family and friends, our whole lives; we can live our lives knowing our story is in His hands.

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

7. How easy or difficult is it to surrender everything to God? How have you seen Him move in your life when you do surrender?

1 Peter 5:7

Cast all your anxiety on him because he cares for you.

The truth is God loves us, He always has and He always will. He wants the best for us if we just trust Him with our lives. The joy we are seeking in our season starts with us giving Him everything we are trying to carry ourselves.

CLOSING PRAYER

God, thank-you for the emotions you gave us. You gave them to us so we could feel things and talk to you about them. As we continue to look for joy, will you remind us of the little things that bring us joy. Will you help us see why they bring us joy and help us see you in the midst of it. Where we are trying to hold things that you are made to carry, please convict us so we can give them to you. In your name. Amen.

ACTION STEP

- + Every day this week find a few minutes to get on your knees and open your hands up to God. Ask Him to take everything in this season. It all belongs to Him. Everyone and everything belongs to Him.
- + Annie mentioned the Pause App by John Eldridge. This is a great tool to bring some quiet meditation and focusing on taking everyone and everything to God. It's free in the app store for both iPhone and Android.