

THREE YEARS FROM NOW

How to Have Joy

Philippians 4:4

Opening Question:

If you could bottle up one emotion and sell it, what would it be and why?

General Observation:

1. What are some common misconceptions people have about joy?
2. In the sermon, Simon distinguishes between happiness and joy. How would you explain the difference to someone?

Understanding the Message:

1. Simon defined joy as "the profound depth of pleasure, gratitude, thankfulness and delight in God." How does this definition differ from how you previously understood joy?
2. What is the relationship between the Holy Spirit and joy?
3. Simon mentioned several Bible verses that connect joy with the Holy Spirit. Can you recall any of these connections or find them in your Bible?

Personal Application:

1. Have you ever experienced joy in the midst of difficult circumstances? What was that like?
2. Simon suggests that joy comes from delighting in what God delights in. What are some things you think bring God joy?
3. How might your perspective on life change if you viewed joy as a fruit of the Spirit rather than a result of circumstances?
4. In what area of life are you struggling to find joy? What can others in the group do to support you?

Action Steps:

1. This week, try to identify moments when you experience rejoicing. Reflect on whether these moments align with the Biblical definition of joy discussed in the sermon.
2. Choose one Bible verse about joy (such as Philippians 4:4 or James 1:2-3) to meditate on and memorize this week.
3. Make a conscious effort to spend time in prayer, asking God to fill you with His joy through the Holy Spirit.