

DISCUSSIONNOTES

5.26.19



If you were to ask the people you live with, would they say you are fun to live with? Or even fun to be around? Jesus doesn't just want to save us but change us too. Read **Galatians 5:24-26**. When we are one with God the way we live and act change because of what God has done in our lives. Since becoming a Christian, have you seen a change in your life in the way you act? A lot of people think of "Happiness" and "Joy" the same way when really, they are different. Joy is an inner satisfaction, an enthusiasm for life regardless of circumstances. Even though there are trials in life, we as Christians can still find joy. How is this possible? Discuss.

Read **Romans 12:2**. We live in a pessimistic society and darkness is all around us. But as Christians we're called to see and live in a different way. Why is it so hard to not live or think like the world does? Jamie mentioned unresolved guilt is an enemy of joy. Why do you think guilt can get in the way of having joy? Read **Psalms 51:12**. Jesus has washed away all of your blemishes and shortcomings so that you can have joy in spite of your past! For most of us we have all had tough times in our lives, but that is no excuse to not have joy. Jesus had joy in spite of what was going to happen to Him. He saw light in His situation and went through with it because of His love for us. How can we do the same in our situations today?

To have joy we must continue in walking with Christ. Jesus said "Those who remain in me, and I in them, will produce much fruit." Have you been remaining in the Lord? How can you continue to remain in the Lord? Read **1 Peter 4:12-13**. It is through the trials we lean on God and find true joy, despite our circumstances. When you have found true joy, is it while you are being self-centered or by serving others? We must let our egos get out of the way so we can serve others. If you don't, what may be the outcome?

We must put our hope in the right places. We tend to put our hope in earthly things instead heavenly ones. Read **John 16:20-21**. Our joy can't be taken away from us because we are promised eternal life. How does the promise of eternal life bring you peace and joy? When you are down, it is because your focus is in the wrong place. We need to remember to lift our eyes to see the eternal reward, and this will bring true joy! Close by praying to have eyes to see joy this week!