

My Story

1. Have you ever felt joy in the midst of difficult circumstances? If so, why?

Digging Deeper

2. Read 1 Peter 1:6-8 in light of what Jesus says in John 16:16, 20. What parallels do you see? How do Peter's words encourage us on this side of Jesus' ascension into heaven?
3. In what ways does the world's joy (v.20) contrast with the joy the disciples will experience (v.22)? How is this similar to what Jesus said about dying in John 12:24?

4. Some people struggle to live joyfully because they are waiting for someone or something to fulfill them. How does God's Word counsel us in each of the following areas?
 - I'll be happy when I have all the things I've ever wanted. (Luke 12:15, John 10:10)
 - I'll find joy when I have this person (friend, spouse, child) in my life. (Ps 41:7-9, Mark 14:31, 50)
 - I'll be able to enjoy life once this trouble goes away. (Matt. 5:10-12, James 1:2-4, 12; 5:11)

Reflection

5. Both Jesus and the world offer us a form of joy. How have you experienced each of these? What is the difference between them? Is the world's joy necessarily good or bad? Why?
6. The disciples went through three days of intense sorrow that turned into joy at the resurrection of Jesus. For many of us these seasons of sorrow feel longer. What are some reasons times of sorrow can feel like they stretch out?

SERMON NOTES

Galatians 5:22 – Full of Joy

Taking the Next Step

When you are down or discouraged, and feel as though you are struggling to have joy in the Lord, ask yourself, “What is true right now?” And more specifically, “What is true about God’s Word that speaks to this situation?”

Praises / Prayer Requests

