



Surprised By Joy – 7/19/2020

OVERVIEW

Joy is not the same as happiness. Happiness is circumstantial, and it is bound by time; but joy is eternal. There is something deep in our souls that knows we were made for joy and longs to experience this joy. For the true believer, our focus needs to be on the eyes of the Father. He is the only one that gives us the true joy our souls crave.

Scriptures (ESV): Romans 8:20-22; Philippians 4:4; John 15:10-11; 1 Thessalonians 5:16-18

APPLICATION

- Woody shared the difference between joy and happiness. What is something in your life that brings you happiness?
- Now what is something that brings you true joy?
- If you were to ask someone close to you, would they say that your life is characterized by joy? What would they say about you?
- Joy (a fruit of the Spirit) is a gift that Jesus wants to give you and you cannot generate it on your own. How are you posturing yourself to receive this gift of joy?
- Read John 15:10-11. What do you think John means when he says, “that your joy may be complete”? Take time to unpack these two verses.
- HOMEWORK: Woody shared the 4x4x4 method. This week take time to allow your focus to be on God and the joy He gives.
 - a. Inhale for four seconds, breathe in and say I choose Joy.
 - b. Hold your breath for 4 seconds and receive His Joy.
 - c. Exhale for 4 seconds and breathe out (name those things that are joy thieves).

