

Week 1 - Joy

Starter Questions

1. Introduce yourselves to others in your group and share one activity or hobby that you enjoy doing.
2. Share with group members one thing you are hoping to get from this group experience.

Watch the Video Teaching (ccsbc.org/groups)

Group Discussion

1. Why is joy such an attractive trait? What's it like to know or be around a joy-filled person?
2. Have someone in the group read Colossians 3:1-2 and Isaiah 26:3. Thinking about your own life, how does your mindset (what you choose to think about) directly influence the level of joy in your life?
3. Which of the following biblical truths do you need to more consistently dwell upon so as to experience a greater degree of joy? Why?
 - a. Righteousness and peace of God – Romans 5:1
 - b. Forgiveness of Christ – Colossians 1:13-14

- c. Freedom from Guilt – Romans 8:1
 - d. Eternal Security – 1 John 5:13
 - e. Unconditional Love of God – 1 John 4:10
4. What tends to regularly decrease your level of joy? One of the three joy robbers mentioned in the teaching (comparison, cynicism or control)? Something else?
 5. Share one practical step you can take this week to begin to experience a greater level of joy in your life.

Prayer

What is one thing other group members could be praying for you in the coming week? Go around the group and share requests and have someone close the group time in prayer.

Reminder

Exchange names and email addresses with each other to facilitate any needed communication about the group.