

Ice Breaker (in groups of 2 or 3 for larger groups)

What are 1-3 things in life that bring you joy?

Talk About it!

1. Read **1 Peter 1:8** and **Galatians 5:22-23**

a. How does joy show up in your life? What does it mean for it to be a fruit of the Spirit?

2. Read **Hebrews 12:2**

a. When have you experienced joy in a difficult season? What did that look like? What can keep us from experiencing joy?

3. Read **Romans 14:17** and **Proverbs 16:20**

a. As believers, how do we experience and express joy without it becoming fake or forced? What happens when we try to fake or force joy on ourselves?

4. In the message, four “**Joy-Bringer Core Values**” were mentioned:

1. Gratitude – The gateway to joy
2. Forgiveness – Receive it and practice it
3. Flexibility – Release control and move freely with the Spirit
4. Rest – Be filled so you can bring joy

a. Which do you resonate with the most and why?

b. Which do you find hardest to live out?

c. Is there a Core Value that you would, personally, add to the list? If so, what is it and why?

5. What is one way that you can grow in being filled with joy and in being a joy-bringer?

Scripture Reference

1 PETER 1:8 NLT

8 You love him even though you have never seen him. Though you do not see him now, you trust him; and you rejoice with a glorious, inexpressible joy.

GALATIANS 5:22-23

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

HEBREWS 12:2 NLT

2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

ROMANS 14:17 NLT

17 For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

PROVERBS 16:20 NLT

*20 Those who listen to instruction will prosper;
those who trust the Lord will be joyful.*