



Joy is Possible

Icebreaker: What is your favorite tradition around Easter Time?

Read Together: Revelation 1:18 (NKJV), Romans 14:17 (NLT), Lamentations 5:15 (ESV)

Discuss:

- What do the scriptures listed above say?
- What was the Holy Spirit speaking to you as you listened to Jason this week?

Read Together: Psalms 51:12 (ESV), Romans 12:18 (NIV), Matthew 5:9 (NIV), Matthew 5:23-24 (ESV)

Discuss:

- How do you receive the fullness of Christ's joy again?
- Acknowledge that joy is missing or not what it used to be.
 - If it is hard for you to admit the truth to yourself, why do you think that it is hard to admit?
- Examine the cause of my lack of joy.
 - What is holding you back from having the joy God wants for you?
 - What talent do you have to use for God's Glory?
 - What conflicts fill your thoughts and keep you from having joy?

Read Together: John 15:5 (ESV), Isaiah 40:31 (ESV)

Discuss:

- An Undernourished spirit can keep us from Joy. What is your plan to feed your spirit?

Read Together: Lamentations 3:40 (NIV)

Discuss:

- Unrepented sin can lead to a lack of Joy. Ask the Holy Spirit to show you if there is something that you need to turn away from. You have a GOOD and GRACIOUS God who wants to welcome you back, not make you feel bad.

Read Together: James 4:17 (NLT), John 15:10-11 (NIV)

Discuss:

- Choose obedience to God's Word. God's way is often contrary to Human nature. What area do you struggle to obey God in the most?

Read Together: Romans 6:4 (NIV), Psalms 126:3 (NIV)

Discuss:

- We cannot live a Joy-filled life unless we allow the Holy Spirit to work IN us. Jesus gave you a NEW Identity. How easy is it for you to embrace and live in the identity that Jesus bought for you?
- When was the last time you felt real joy?

Pray:

The Resurrection of Jesus is about receiving and LIVING out what He did for you. The Resurrection of Jesus is your identity, not the behavior you act out on an off day! Ask the Holy Spirit to remind you of your Identity in Christ as you go through your day. Take time to pray and ask what it would look like if you believed what Jesus says about you. Write down what the Holy Spirit says to you and take time at points throughout your day to remember and reflect on what HE says about you.