



# CADENCE

*LIVING IN STEP WITH THE SPIRIT OF GOD*



# HEAD

- ✚ Joy is both a **command** of God and a **consequence** of the reality of Christ in our lives thanks to the indwelling Holy Spirit.





# HEART

- ✚ Do you **identify** the situations, circumstances, people that tend to steal your joy?
- ✚ In what ways can we **adhere** to the command to rejoice always with the reality of experiencing grief and sorrow in a fallen world?





# HANDS

- ✚ Daily Joy Practice: Each day this week, **identity** one thing you can genuinely rejoice about, even if you're facing difficulties. **Share** these with the group next time you meet.
- ✚ Joyful Service: **Look** for an opportunity to serve others this week with a joyful attitude, even if the task is mundane or challenging.
- ✚ Joy in Worship: During your personal or corporate worship times this week, **focus** on expressing joy through your singing and prayers, regardless of your circumstances.
- ✚ Scripture Meditation: **Choose** one of the Bible verses about joy mentioned in the sermon (e.g., Philippians 4:4, 1 Thessalonians 5:16) to memorize and reflect on throughout the week.
- ✚ Joy Sharing: **Reach out** to someone who may be struggling and **share** an encouraging word or act of kindness to help spread joy.
- ✚ Gratitude Journal: **Start** a gratitude journal, writing down three things each day that bring you joy and reflect God's goodness in your life.

