

⁹“I have loved you even as the Father has loved me. Remain in my love. ¹⁰When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. ¹¹I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!

— *John 15:9-11*

Discussion/Journal Questions

As we are talking about joy today, share a joy moment from the past week. It could be big or small, just something that brought you joy.

Have two or three people read John 15:9-11 out loud slowly. After some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

In the sermon, John said that Jesus was filled with joy. Do you agree? Why or why not?

Where do we see Jesus expressing joy in the gospels?

Jesus claims that to see Him is to see the Father. What does Jesus’s joy say about the Father?

Do you believe Christians are known for their joy? Why or why not?

Joy is relational. Who in your life (friends or family) brings you joy?

Our capacity for joy (our joy bucket) can grow as we deliberately stir up joy through appreciation and relational connection with others. The 28-Day Joy Challenge is a good way to intentionally grow our joy buckets: <https://4habits.org/4-habits-of-joy-filled-people/#28day>.

As you pray for each other, share both praises and prayer requests so that you can rejoice together.