

- 5 LORD, you alone are my portion and my cup;
you make my lot secure.
- 6 The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.
- 7 I will praise the LORD, who counsels me;
even at night my heart instructs me.
- 8 I keep my eyes always on the LORD.
With him at my right hand, I will not be shaken.
- 9 Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
- 10 because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
- 11 You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

— Psalm 16:5-11 NIV

Discussion/Journal Questions

Share a joyful memory from your teenage years. It doesn't have to be big or epic.

Have two or three people read Psalm 16:5-11 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?

What are some of the challenges young people and teens face today?

Even if you do not have children or teens, why is this conversation important? What obligations do you have as a follower of Christ?

What truths are found in Psalm 16:5-11 that are especially needed by teens?

Kipp spoke at length about identity. Where do you place your identity? (Family, job, skills, etc.)

Reflect on 1 John 3:1a, what changes when we fully rest our identity in the fact that we are children of God?

We understand that not every family is pursuing Christ. How can the church invest in teens and be a source of stability, purpose, and joyful encouragement?

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.