

“How to Have Joy in Your Life”

Hebrews 12:2

Joy is a part of Advent because

Happiness is a fleeting emotion tied to external circumstances (good things happening).

Joy is a deep and long lasting emotional state of being pleased, that does not change with external circumstances.

If you pursue happiness, you will never be happy. If you pursue what God says will bring you joy, you will also experience happiness.

Our joy

The joy of Jesus

The keys to having joy in your life

Discussion Questions

1. How would you explain the difference between happiness and joy?
2. Share an example of how you endured a struggle in order to get a reward.
3. How do you know what will give you joy and not just happiness?
4. What are some real life examples of things that steal your joy? What are some practical steps you can take to stop it?
5. Jesus' endurance in the face of the “contradiction of sinners” is juxtaposed against the believers' own endurance. Why? How should the believer perceive the difficulties of living in this world? Where is it coming from? (See Heb. 12:10.)
6. Why is Esau mentioned in Heb. 12:16? What does it have to do with Heb. 12:1? What is the implication?
7. God is calling us into his presence. Read Heb. 12:22–25. He has a purpose for us. What do you receive for overcoming? (See Rev. 2:7; 2:17; 2:26–28; 3:5; 3:12; 3:21.)



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