

Beautiful News
Part 4: Change What You're Chasing

Objective: To encourage us to reconsider happiness and pursue joy instead.

Read together:

...the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. 11 Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.

Luke 2:10-11

For John the Baptist came neither eating bread nor drinking wine, and you say, 'He has a demon.' 34 The Son of Man came eating and drinking, and you say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.'

Luke 7:33-34

Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

¹⁵ Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

Matthew 9:14-15

If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. 11I have told you this so that my joy may be in you and that your joy may be complete.

John 15:10-11

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Galatians 5:22-23

- The pastor said that happiness is external. Meaning happiness is based on our circumstances, often circumstances outside of our control. Have you ever wondered why we allow things we can't control to have so much influence over our emotional state?
- Happiness is external. Joy is internal. Real joy is not dictated by what happens to or around us. Can you describe a time when you felt a real sense of joy even though your circumstances didn't bring happiness?
- Joy is a gift, but it's a gift that we can grow and develop. The pastor said that watching Jesus and choosing to obey Him helps us develop joy. What are some examples of Jesus' joy? Can you speak to the fact that obedience has led to greater joy in your life?
- What habits and practices can you develop in your day to day life that will help your joy grow??

Consider this week:

- Practice choosing to be joyful regardless of your circumstances and watch how that choice impacts the rest of your life.

Final Thought: Happiness comes and goes based on what happens to us and around us. Joy is a lasting gift from God. This week, rather than chase after happiness, pursue the joy that can only come from a relationship with Jesus.



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