



PROTECT YOURSELF

PART TWO: THE ENEMIES OF JOY

Group Discussion Guide

God wants to give you the gift of joy. In fact, if you are in a relationship with God you already have it. His gift of joy is enough to keep us going on both the good and bad days. It's still there when we are unemployed, sick, lonely or discouraged by our circumstances. But Satan wants to steal our joy and suffocate the peace it gives our lives by with discontent and comparison.

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.”

John 10:10 (NLT)

BIG IDEA: Choose Joy

DISCUSSION QUESTIONS

1. Would you define your life as one full of joy?
2. Has there been a season of your life where things were going well, but you didn't feel the joy you expected?
3. Who do struggle to compare your life to? Why?
4. With your Bible or YouVersion, read Genesis 3:1-8

The serpent was clever, more clever than any wild animal God had made. He spoke to the Woman: “Do I understand that God told you not to eat from any tree in the garden?” The Woman said to the serpent, “Not at all. We can eat from the trees in the garden. It’s only about the tree in the middle of the garden that God said, ‘Don’t eat from it; don’t even touch it or you’ll die.’” The serpent told the Woman, “You won’t die. God knows that the moment you eat from that tree, you’ll see what’s really going on. You’ll be just like God, knowing everything, ranging all the way from

good to evil.” When the Woman saw that the tree looked like good eating and realized what she would get out of it—she’d know everything!—she took and ate the fruit and then gave some to her husband, and he ate. Immediately the two of them did “see what’s really going on”—saw themselves naked! They sewed fig leaves together as makeshift clothes for themselves. When they heard the sound of God strolling in the garden in the evening breeze, the Man and his Wife hid in the trees of the garden, hid from God.

Genesis 3:1-8 (MSG)

5. Do you think you would have eaten of the fruit in middle of the garden like Adam and Eve? Why or why not?
6. Do you think discontent or comparison was the cause of Adam and Eve’s sin? Other?
7. Was it Adams or Eves fault? Trick question - don’t compare
8. Talk about a time or season in your life where you feel like Satan attacked you like in John 10:10 (above)
9. Do you feel like social media adds to the discontent of your life?
10. What is keeping you from experiencing the gift of Joy God has given you?

WHAT WILL YOU DO?

Run the race God created you to run this week and choose Joy.

1. Accept the gift of Joy this week
2. Celebrate others success
3. Be used by God. He created with a purpose and finds joy in you.
4. Be the You God created you to be

CHANGING YOUR MIND

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now He is seated in the place of honor beside God’s throne.

Hebrews 12:1-2 (NLT)