

## **Week 2 – Joy**

### **Small Group Discussion**

#### **Agenda:**

*(this is only a suggestion, your group may look different than this, do what works best for your group)*

Welcome – Meet and Greet (5-10 minutes; *or longer if your group needs time to acclimate*)

Ice Breaker – Pick one or two questions below (10 minutes)

Highs/Lows – Spend some time processing people's week (15 Minutes)

*(be sure to take notes here, this will give you opportunity to return to these answers during prayer time)*

Discussion Questions – (20 minutes)

Ministry Time (5-10; take time to ask for prayer requests)

#### **Ice Breaker:** *(ask one or two of the ice breaker questions)*

1. If you could go anywhere in the world (Money and Time not an issue) – where would you go?
2. What is something that you've learned about yourself recently?
3. What is something on your desk, house, room, etc., that cheers you up during the day?

#### **Introduction:**

This week we continued the series on the "Fruit of the Spirit," which are found in Galatians chapter 5. This week we explored the idea of "Joy." As we explored the idea we explored the reality that Joy is a characteristic of God – through Jesus, in our lives. It was in this exploration that we examined the truth that "joy" is connected to the idea of Grace, and the life of Jesus at work in us.

#### **Discussion:**

1. What stood out to you from the message this week?
2. This week we looked at the word "joy," we drew the distinction between the Greek word; "*eudaimonia* – happiness – *being of the highest human goal*" vs. "*chara* – joy that is based in grace," the difference of temporary happiness and lasting happiness. What are some ways that we (collective humanity) looks for "*eudaimonia*" rather than "*chara*" – (what are the things we become dependent on for our happiness)
3. Paul spend a lot of time speaking about about joy – second only to love – throughout his writings? Why do you think he emphasized it so much? Jürgen Moltman refers to Christianity as "a religion of unique joy."
4. What are some things that steal your ability to access joy? How can you begin to guard your joy?
5. Was there anything that God spoke personally to you this week to change/think/experience?
6. How can we pray for you this week?

**Prayer/Dismiss** *(take time to pray specifically for any requests or needs, refer back to High's/Low's)*