

# Unwrapping Joy

## *Unwrapped*

*December 21st, 2025*

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## OPENING QUESTION

Share one Christmas tradition from your childhood.  
Was it a source of joy, stress, or something else?

## SCRIPTURE READINGS

### **Main Reading:**

Luke 2:1-21

### **Extra Reading:**

2 Corinthians 7:4

James 1:2-3

Hebrews 12:2

## KEY TAKE AWAYS

1. Peace isn't something we find; it's something we receive through relationship with Jesus.
2. Peace isn't the absence of trouble; it's the presence of Jesus in the midst of trouble.
3. Peace doesn't come from changing your location; it comes from changing your focus to Jesus.
4. Wherever your thoughts go, your peace follows. Fix your mind on Christ, not your problems.
5. The peace of God is found in surrender, not control. We must stop trying to control what isn't ours to control.
6. Gratitude unlocks peace. Praying with thanksgiving transforms our perspective and guards our hearts.

## QUESTIONS

1. How do you personally define joy, and where have you recently experienced true joy in your life?
2. What are some distractions in your life that might be hindering your experience of joy, and how can you refocus your attention on Jesus during this season?
3. Can you share a time when you went through a difficult season yet still found joy in your relationship with Christ?
4. Considering that joy is found when Jesus is at the center, what practical steps can you take to ensure that Christ remains the focal point of your life, especially during busy or challenging

seasons?

5. How can our moment group support each other's journey towards experiencing the joy of the Lord? What specific ways can we encourage and uplift one another in keeping Jesus at the center of our lives?

## PRACTICE

Choose one of the following to practice this week:

### Option 1: Joy Inventory

- Each day, identify one distraction that's robbing you of joy
- Replace 10 minutes of that distraction with prayer, worship, or Scripture reading
- Journal about how fixing your eyes on Jesus changes your perspective

### Option 2: Today Prayer Practice

- Before taking photos or experiencing moments this week, pause and thank God
- Practice being present in the moment rather than rushing through
- Ask yourself: "Am I recognizing God's work right now?"

### Option 3: Share the Joy

- Identify someone who might feel like a "shepherd"—overlooked or lonely
- Reach out to them this week with a call, visit, or practical help
- Share how Jesus has been your joy in difficult times

## Group Accountability

- Share which option you're choosing and why
- Exchange contact information to check in with one another mid-week
- Plan to share your experiences at the next group meeting

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## CLOSING PRAYER

*Father, thank you that today a Savior is born for us. Help us to fix our eyes on Jesus, the source of our joy. When we face pain, remind us that we don't walk alone. When distractions threaten to steal our joy, draw us back to You. May the joy of the Lord be our strength this week. In Jesus' name,  
Amen.*

