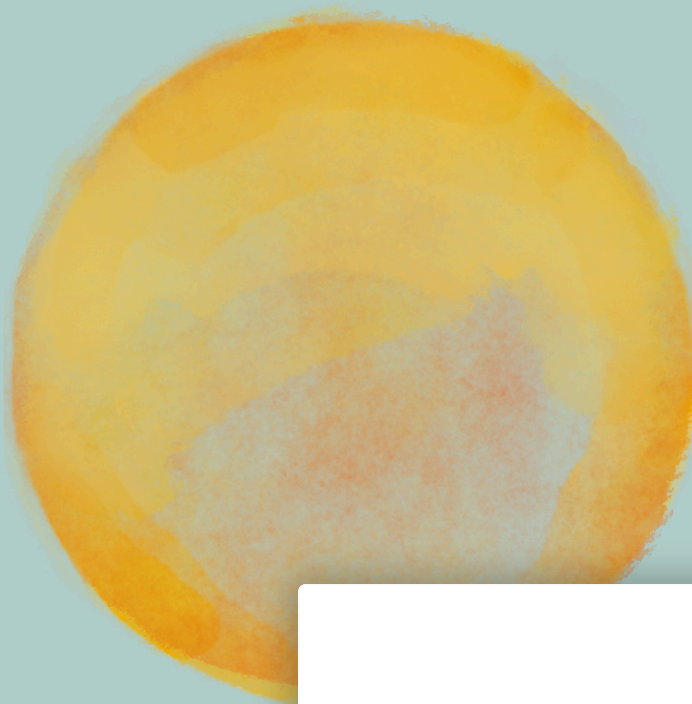


How to Spend a Day with Jesus



Happy Day

**Jesus will rejoice
with you.**

SERIES SUMMARY

We all long to walk more closely with Jesus.

But what does that look like on an ordinary Tuesday? Or the Thursday after sad news? Or a Saturday when you've got something to celebrate?

This highly practical series will explore ways to spend all our days in meaningful relationship with Jesus.

Let's explore spiritual habits and real-life rhythms that fit the ups and downs of everyday life.

ICEBREAKER

What's typically your favorite day of the year?

SCRIPTURE

Nehemiah 8:10 ESV

Then he said to them... "Eat the fat and drink sweet wine...for this day is holy to our Lord. And do not be grieved, for the joy of the Lord is your strength."



LEARNING FROM HIS STORY

1. Why do you think Nehemiah told the people to *practice* joy when they didn't feel like it?
2. How is the joy of the Lord different from ordinary happiness?
3. Is there something to the idea of experiencing joy in community more-so than alone?

EXAMINING OUR OWN STORY

4. When in your life have you experienced joy as strength — not because life was easy, but because God was faithful?
5. Chesterton observed that when we rush through life, "we lose the sense of surprise; and surprise is the secret of joy."
 - A. What causes you to rush?
 - B. What hinders your sense of wonder?

WRITING A NEW STORY

7. Chesterton said, "Thanks are the highest form of thought," and "Gratitude is happiness doubled by wonder." How can we cultivate gratitude and wonder in a world that often robs us of both?
8. In the spirit of Nehemiah, what would it look like for us to *practice* joy, whether we feel like it or not?
9. How can celebration, hospitality, or shared meals become ways of walking with Jesus and not just social activities?

TAKING TIME TO PRAY

Jesus, the fruit of your Spirit is joy. Renew our sense of wonder and our gratitude for all your blessings. Amen.

