



THE THING ABOUT JOY

STUDY QUESTIONS AND CONVERSATION GUIDE

We sing about joy, we talk about joy, and we even name our kids joy. God makes it clear in his word that we must always be joyful. The problem is, life is hard, and during those times, being joyful can be harder.

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DESCRIPTION:

When things get tough, many people defiantly proclaim, "I choose joy!" as if somehow those magic words will transport the individual to a better dimension. There are others, though who see this statement not as a means of suppressing pain, but as armor for going through it. Knowing the true definition and source of joy, let's discover how this works.

QUESTIONS

- First, as a review, what is joy? How does it differ from happiness? What is the source of joy?
- Is it possible for a person to have joy if they don't know Jesus? If so, in what way? If not, why?
- As a believer in Jesus, what does it mean to choose joy even in the midst of hardship? Is it a way to will yourself to "don't worry, be happy?"
- The world is enamored with self-help, self-improvement, and self-advancement programs. Self-help guru Tony Robbins has even posted an article on his website that instructs readers how to find joy (<https://www.tonyrobbins.com/mind-meaning/how-to-find-joy/>) Are his pointers necessarily bad? (Let go of the past, practice gratitude, surround yourself with positive people, practice the law of attraction, change your physiology, create positive daily rituals, be fully present, find your purpose, give back)
- So, can we choose joy?

SPRINGBOARD VERSE

1 Peter 1:8 ESV Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory