

Life Group Questions and Message Notes

1. What are you putting your trust in?
2. Are your actions and habits aligned with what you think you're putting your trust in?
3. What changes what steps do you need to take in your faith this week to actually show and display that your trust is in the Lord?

The Joy Challenge – The Choice That Changes Everything

Pastor Lee Strobel – October 1st, 2022

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”
Proverbs 17:22 (NIV)

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control....” Galatians 5:22-23 (NASB)

1. There's joy in receiving God's grace.

“Oh, the joy of drinking deeply from the Fountain of Salvation!” Isaiah 12:3 (TLB)

2. There's joy in sharing God's grace.

“You are the salt of the earth... You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” Matthew 5:13-16 (NIV)

3. There's joy even in the midst of our struggles.

- **God will lovingly comfort us.**

“When anxiety was great within me, Your consolation brought me joy.” Psalm 94:19 (NIV)

- **Nothing can take what really matters.**

“You suffered along with those who were thrown into jail, and when all you owned was taken from you, you accepted it with joy. You knew there were better things waiting for you that will last forever.” Hebrews 10:34 (NLT)

- **God can use our struggles for our good.**

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” James 1:2-4 (NIV)

- **The joy of heaven puts everything into perspective.**

“That is why we never give up. Though our bodies are dying, our inner strength in the Lord is growing every day. These troubles and sufferings of ours are, after all, quite small and won’t last very long. Yet this short time of distress will result in God’s richest blessing upon us forever and ever! So we do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven which we have not yet seen. The troubles will soon be over, but the joys to come will last forever.” 2 Corinthians 4:16-18 (TLB)