

Rejoice Always

1 Thessalonians 5:16 – Discussion Group Leader Handout

Bible Passage

“¹⁶**Rejoice always;** ¹⁷pray without ceasing; ¹⁸in everything give thanks, for this is God’s will for you in Christ Jesus.”

Discussion Questions

- I. The nature of joy
 - a. How would you explain the relationship between joy and rejoicing?
 - b. What is the difference between joy and happiness?
 - c. What is the difference between joy and peace?
 - d. Why and how do sin and worldliness hamper your joy?

- II. How you must rejoice
 - a. How can you get better at giving thanks in prayer privately?
 - b. How can you get better at giving thanks in prayer with believers?
 - c. How can you discern whether your singing is expressing joy?
 - d. How can you be more intentional about expressing joy in greetings?
 - e. What are some helpful boundaries to discern when and where clapping, laughing, shouting, leaping, and dancing are appropriate?

- III. When you must rejoice
 - a. How can you rejoice even when you are disgruntled (conflict)?
 - b. How can you rejoice even when you are despised (persecution)?
 - c. How can you rejoice even when you are discouraged (hard times)?
 - d. How can you rejoice even when you are disappointed (outdone)?
 - e. How can you rejoice even when you are disciplined (for your sin)?
 - f. How can you rejoice even when you are depressed (feeling sad)?

- IV. Why you must rejoice
 - a. How does obedience in rejoicing affect your spiritual life?
 - b. What are some of the ways in which God inspires joy?
 - c. Which truths can you meditate on to cultivate joy and rejoicing?

Prayer Requests

- Pray that we would be a people filled with gratitude for the grace of God
- Pray that God would increase our spiritual discernment
- Pray that God would help us remember our responsibility to rejoice
- Pray that we would encourage one another to rejoice always