



Joy Discussion Guide

We usually think of Joy as Happiness - a reaction to positive circumstances in our lives. But while happiness is an emotional reaction to our world, Joy is a spiritual fruit based on God's provision and promises.

Scripture for Further Reading:

Matthew 7:7-11, 24-27; Philippians 4:10-19; Colossians 1:16-20

Questions for Discussions:

1. What's the difference between happiness and joy?
2. Do you tend to be ruled by your circumstances or are you in control of your attitude and responses?
3. How can a person choose joy even in the midst of unhappy circumstances?
4. Where do you find it most challenging to be joyful?
5. What does Joy look like in your life this week?

