

## INTRO

Biblical Joy means “to experience and rejoice in God’s grace.” We rejoice in the grace we have received and continue to receive—it literally means “leaning towards”—God is leaning toward us and we lean toward His grace.

**What thoughts or emotions come to mind when you think of this definition of joy?**

## IDEA 1

Joy is often mistaken for happiness based on position, possessions, and pleasure.  
**How have you seen these temporary sources of "joy" fall short in your own life?**  
**What does a deeper, more permanent joy look like to you?**

Brian highlighted three names of Jesus from the text: Savior, Messiah, and Lord.  
**Which of these titles resonates most with you right now, and why?**

**How does understanding these roles impact your understanding of joy?**

## IDEA 2

Brian pointed out that joy takes intentionality.  
 The shepherds returned to their everyday work after experiencing a miraculous moment, "rejoicing in the miraculous in the middle of the mundane."  
**How can you bring this perspective into your daily life?**

Brian connected some words to joy that we might not often connect it with—words like fierceness and protest. **What are your thoughts on this new interpretation of joy?**

## IDEA 2 CONT.

Brian shared that the opposite of joy is not sorrow but hopelessness. **How have you experienced hope changing your perspective during challenging times?**

**Reflect on the three ways to cultivate joy Brian mentioned: Responding to the invitation, Refocusing, and Rejoicing. Which of these do you find most challenging? Most natural?**

## EXPERIENCING GOD TOGETHER

**Divide into smaller groups of 3-4 people**

**Have Each person share:**

- **A moment when they experienced God's joy despite difficult circumstances or how Jesus has been their "Savior, Messiah, Lord" in a specific life situation.**
- **A current area where they need hope or are seeking joy.**

**After sharing, stay in those small groups and spend some time praying over each other, that each may experience the Joy of Jesus that surpasses all understanding.**

## PRACTICE THIS WEEK

**This week try to take some time each day to notice the following:**

- **One thing you're grateful for**
- **One way you've seen God's grace in your life**
- **A moment of joy, no matter how small**

The goal is to intentionally shift your focus from circumstances to Christ, practicing joy is a deliberate posture of hope and trust. **Notice where God meets you!**