

LIFE GROUP HOMEWORK:

QUICK REVIEW

1. Why do you think people long for an experience of real joy?
2. Distinguish biblical joy from these human experiences.
 - Happiness
 - Upbeatness
 - Positivity
 - Confidence

MY STORY

1. If you could re-live the "best day of your life", which day would you select? Explain.
2. At what points in your spiritual life would you say you experienced the most joy (as the Bible describes it)?
3. Think about Christians you've known who've regularly exhibited real joy. What would you describe as the roots or sources of their joy?
4. Fill in the blank..... "Joy flows from a _____ person/heart." (List as many as possible)

LIFE GROUP HOMEWORK:

DIGGING DEEPER

Read Galatians 5:19, 22-25 and Ephesians 5:18-21, John 15:9-12 and Philipians 2:17-18.

1. Describe what it looks like to **be filled with the Holy Spirit** in this passage. In practical ways, what does it mean to "abide in Christ" and "walk in Him"?
2. Why should joy be identifiable in every Christian's life?
3. What are some sources of joy mentioned?
4. What are the enemies of joy in your life?