

# CONNECT GROUP DISCUSSION GUIDE

Week #2 - How Do I Find Joy?



## GETTING STARTED

Spend some time checking in with each other. Any highs and lows since the last time you met?

Share a moment recently when you felt truly happy. What was happening? What do you think is the difference between happiness and joy?

## THIS WEEK'S THEME

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.  
Galatians 5:22-23*

### What Is Joy?

- How would you define joy in your own words?
- What's the difference between seeking happiness vs. receiving joy?
- Why do you think joy is so central to the life of faith, even more than happiness?
- Can you think of someone who radiates joy even in hardship? What stands out about them?

### How Does Joy Grow?

- Paul wrote, "Rejoice in the Lord always." What do you think allowed him to say that while imprisoned?
- In Philippians 4:6-7, Paul links prayer and peace. How does that connection help joy grow?
- What are some personal "joy blockers" you experience?
- How might prayer and gratitude practices shift your perspective from anxiety to joy?

### Real-Life Joy

- Reflect on the story of the Ghanaian woman who walked for water for 85 years and prayed every day. What strikes you most about her joy when the well was finally dug near her house?
- What does her story teach you about perseverance and the long growth of joy?
- What are you praying for that feels far off? How do you find joy in the waiting?
- What's a "joy practice" you could commit to this week (e.g., gratitude journal, daily short prayer, reflecting on one joy-filled verse)?

## **DIGGING DEEPER**

*Galatians 5:22-23*

*Those who belong to Christ live a new life and are guided by the Spirit to produce the Spirit's fruit of love in service of one another.*

*<https://enterthebible.org/passage/galatians-519-25-works-of-the-flesh-fruit-of-the-spirit>*

*Philippians 4:4-7*

*Explore the unique type of joy to which God's people are called. It's more than happy mood. It's a choice to trust that God will fulfill his promises, and it's a joy that is long-lasting and life-giving. Learn more in this video from our Advent series:*

*<https://bibleproject.com/videos/chara-joy/>*

*This letter to the Philippians gives us a unique window into Paul's heart and mind. He saw his entire life as a reenactment of Jesus' story. You can easily sense his connection to the Messiah and his awareness that Jesus' love and presence is closer than even his own skin. That's what gave him hope and humility in his darkest hours. Paul shows us that knowing Jesus is, at its core, a deeply personal and transforming encounter. This is the Jesus that Paul invites others to follow, and that's what his letter to the Philippians is all about.*

*<https://bibleproject.com/guides/book-of-philippians/#philippians-42-23-living-humbly-and-with-hope>*

## **PRAY**

*Ask how you can pray for each other this week. What prayer requests do you have?*

*Gracious God, Thank you for the gifts of the spirit. Teach us to live in a way the world needs. Amen.*

## **TAKING IT HOME**

*Where do you need to surrender control in order to experience joy?*