



USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

Message Recap: Are we as followers of Jesus, sources of JOY? We need to be the most joyful people in the room. WHY? BECAUSE WE HAVE A HOPE THAT OTHERS DON'T HAVE!

» Main Points

- CHOOSE CONTENTMENT
- FIND YOUR VINE
- LEAVE A LEGACY

» Getting Started

- What [three emotions](#) do you think you felt most this week?
- Name one thing that has recently brought you joy.

» Observation

- Read and reflect on [Philippians 3:1; 4:4; John 10:10; 17:13; Nehemiah 8:10; 1 Kings 4:20-34](#);
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?



- In the message, Tom said, "If we make our lives purely about the pursuit of our own happiness, then happiness will always remain elusive. But if we seek to bring joy to others, then somehow joy becomes ours as well."
- Think about a way you can bring joy to someone else this week, then make a plan to do it!



- What is your "One day when" excuse for staying stuck and discontent? Think about what you miss out on by waiting for "one day."
- Describe a time when your life was Joy-Filled. In what ways did that life impact those around you?
- If joy is not happiness, how can you choose joy despite the difficult and painful circumstances surrounding you?



- Circle back to the [emotions charts](#) we talked about in Week 1 of this series, this week at dinner spend some time talking with your family about a high and a low for the day. Then talk about moments in each of your days where you found or experienced joy.

» Next Steps and Prayer

- If you haven't already, download the [Bible App](#) on your phone and select [Eastern Hills Community Church](#) as "My Church." Then, start the [Featured "Emotions" plan](#).
- Close by praying for renewed joy in your life, your relationships, and with the Lord.