

Joy, Summer Workshop Table Questions

Please discuss the following as a table. Take these home to work on further in your own pursuit of joy.

1. What are some popular beliefs about joy and how to get joy? How do these differ from biblical joy?
2. “Christian joy is a settled gladness in the soul produced by the Holy Spirit as we obey His commands to believe in, focus on, and delight in God’s character, word, and works, regardless of circumstances.” What parts of this definition surprise you, are new to you, or stand out to you? What parts have been difficult for you?
3. God has given His people many temporal blessings that He wants us to enjoy and be joyful about. Quickly read the following verses and list some of those blessings: Deuteronomy 12:7; 16:15; 28:47–48; Ecclesiastes 3:12–13; 1 Timothy 6:17.
4. Read Psalm 92:1–5. What actions does the Psalmist call us to? What truths about God does he focus on? How do these actions and truths increase our joy?
5. In Luke 10:17, Christ’s followers returned from a mission “with joy” because the demons were subject to them in Christ’s name. What does Christ tell them in verse 20 should be their greater joy? What do we have to look forward to eternally because of this?
6. In James 1:2–4 and Romans 5:1–5 we are commanded to have joy even during times of trial. How is this possible?
7. What are ways we steal or sabotage our own joy?
8. If time, look at Psalm 100, 104, and 105 and list the truths that can stoke our joy.