

Joy Changes Everything (“This Changes Everything” week #4)

MAIN POINT:

Joy is not determined by what happens to you, but what Christ is doing in and through you!

KEY VERSE:

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.” Philippians 2:3-4

BRING IT UP:

On Sunday, Pastor Nick continued in our This Changes Everything series by talking about joy. We discussed our own happy places which are emotional and/or physical places or things that we do that help us get out of a funk that we are in. While we all have our idea of happiness, the truth is that happiness fades much like those overpriced glow sticks. Where happiness fades; joy continues. Nick encouraged us to not look around us for what should be inside us. We heard about an article from the New York Times that said one of the best ways to increase your own happiness is to actually do acts of selfless kindness towards people. When we show humility, we are thinking of ourselves less and living the way Jesus did according to Philippians 2. Ultimately, happiness is a symptom of your situation; joy is a product of your perspective. Paul wasn't in joyful circumstances when he wrote Philippians, but he had a perspective that God was up to something, even if he couldn't see it.

- What was your biggest takeaway from the message Sunday?

TALK IT OVER:

- What would you say is your happy place?
- What contributes to something being your happy place?

An important distinction that we learned about on Sunday was the difference between happiness and joy...the temporary versus the eternal. Happiness is something that many people pursue endlessly and are consistently let down. Happiness comes and goes but we learned that joy continues forever!

- In what way have you experienced happiness to only be temporary?

The New York Times article that said one of the best ways to increase your happiness is to serve other people sounds a lot like Paul in Philippians 2. True joy comes when you serve other people.

[Read Philippians 2:1-11]

- What examples do you find of humility in these verses?
- What assurance are we given that this is the way correct way to live our lives?

THINK IT THROUGH:

“Happiness is a symptom of your situation; joy is a product of your perspective.”

- In what way does a change in perspective influence your joy or lack thereof?

Joy comes from putting others first and pursuing God’s perspective on life. This will culminate in true and eternal joy. When we live like Jesus lived and serve as he served, we experience joy. Where happiness fades; joy continues...forever.

WORK IT OUT:

As you conclude your group time, pray that you would experience true and eternal joy. What are some ways that you and your group can pursue joy? In what ways can you spread it to those around you?