



What Joy Can Do For You

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Questions to consider, discuss or journal.

Have you ever loss your sense of joy?

What is your experience with burnout? Chronic fatigue? Depression? Where did you find your joy?

Have you ever purposefully practiced being joyful? What would that look like in your life?

How would being joyful help you in your struggle against sin?

What does Joy teach us about God?

How do you feel when you think about the future? How can you be more joyful? Would anything need to change?

“Do not grieve, for the joy of the LORD is your strength.” Neh 8:9,10

Which of the benefits of joy most resonates with you?

What can you do differently to choose joy today?