



Bible Study on Joy

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"I choose joy... I will invite my God to be the God of circumstance. I will refuse the temptation to be cynical... the tool of the lazy thinker. I will refuse to see people as anything less than human beings, created by God. I will refuse to see any problem as anything less than an opportunity to see God." ~Max Lucado

This is a 4-week Bible Study on Joy. It is designed to be done in a small group. Group studies are essential to our Corps mission, to grow saints and have a better understanding of the Bible.

Why Small group Bible Studies? Why is it important to be in a group setting?

Bible Studies are sometimes the starting point of growing community, discipleship, and serving more in our church. Experts say that those who participate in a community of believers and learn God's word develop a healthier spiritual life than those who do not. Those who join in studying God's word read their Bibles more often and pray more and feel more comfortable sharing their thoughts with groups of people, thus boosting their confidence. Long story short: gathering together to learn more about God's word matters, and your study group matters!

How to Have Discussions on How You Can Unleash Joy in Your Life

Discussion Guidelines:

Introduction:

Have easy questions that everyone in the group can answer. Don't call out those who are shy. They will open up when they feel comfortable. The group will dig deeper throughout the study, but this is a good starting point. Have fun, and laughter is encouraged.

Observation:

Read the passages of scripture together. Have the group discuss the passage read and give feedback. Encourage several members of the group to share.

Understanding:

Unpack it to see how it is affecting those around the world and in your communities. What do others, both believers and non-believers, think or believe?

Application:

How can the group apply the scripture? Be honest and be real. Have those in the groups to provide examples if they feel comfortable enough.

Prayer:

Prayer is the best way to end a conversation during your study together. Also, give praise reports as well.

Small Group Guidelines

Purpose:

To learn from one another, see things from someone else's vantage point, to grow close to the Lord, and learn more about the Bible. These are essential to grow spiritually and to transform lives.

Attendance:

Regular attendance increases trust within the group.

Safe Environment:

It provides a safe place to share deep feelings and ask questions a person may not feel they can ask others. Your small-groups can offer a safe space without judgment.

Confidential:

Don't share with others the struggles or worries of your cluster with others outside the group.

Spiritual Health:

We should be encouraging one another to live a God-honoring life.

Encourages Participation:

When people participate, others find value in everyone's unique perspective. Help one another by encouraging them to participate.

Builds lasting Friendships:

Find ways to pray, serve the Lord, and enjoy each other's company.

Week 1: Recharging your Joy

We do not do well when we run on empty. This week is about rebuilding your relationship with God and reigniting our faith.

“When anxiety was great within me, your consolation brought me joy.” Psalm 94:19

1. Take a turn to answer: What are the top 3 things that make your soul feel downtrodden?
2. Read aloud Psalm 94:19; Romans 15:13; and John 15:11. What theme is present in all of these verses?
3. What do people in the world turn to to find Joy? Is this any different than what we as Christians do? If so, why?
4. What one thing would you can change in your life this week to help you recharge your soul? Please explain your answer.
5. How can this group pray for you?

Week 2: Refresh My Soul

“I do wish, brother, that I may have some benefit from you in the Lord; refresh my heart in Christ.” Philemon 1:20

1. When is the last time you took time with Jesus to seek refreshment for your soul?
2. Read aloud Romans 15:32, Acts 3:19, 2 Corinthians 7:13 and Philemon 1:7. What expectation is expressed in the scripture?
3. How does belief in Jesus give us joy in the impossible?
4. Why do you think some in the Christian community have stopped believing in the impossible?
5. Who in your life is uplifting and positive?
6. Do you have any prayer requests?

Week 3: A Joyful Spirit

Nobody goes forward well when they're looking back.

How do you let go of the past and receive a new vision from God for your future?

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

1. What's the most joy-filled moment for you? Why does this particular moment stand out?
2. Read aloud Romans 15:13; John 16:22; Psalm 16:11; Proverbs 17:22. How are these verses similar?
3. Who in your life helps you keep your joyful spirit and attitude? Who can you help with a joyful Spirit, and who can pray to find their joy?
4. Share any answered prayers that you have received since starting this study.
5. How can we pray for you this week?

Week 4: Holding on to Your Joy

When discouragement enters, it may feel as all joy is lost. This session is designed to help everyone in your Corps let go of the things causing them to lose joy.

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”

James 1:2-3

1. What things, when they enter your life, cause you to lose Joy?
2. Read aloud 1 Peter 1:8-9; Nehemiah 8:10; Galatians 5:22-23; 1 Thessalonians 5:16-18. How do these verses tie together? Which one speaks the most to you?
3. Looking back in review on this study, ...what was your favorite week, and why? Have you put any of them into practice?
4. What prayer do you want to be lifted to the Lord by the group for your future?