

JOYFUL AGAIN

DISCUSSION GUIDE

WELL CONNECTED

Discuss Together

- When you think of a joyful moment in your life, what's the first thing that comes to your mind?
- How would you define "joy"? How is it similar and different from happiness, contentment, or excitement?
- Jeff shared how the pandemic has been like a pressure test that reveals where things are working and where things are not. What has the pandemic pressure test revealed to you, your relationships, and your connection with God?
- Read together **1 John 1:1-4**. What can we learn about joy from John? What does it take for joy to be "complete"?
- On a scale of 1-10, how much joy do you have right now? And be honest—we're in a pandemic right now, so if it's low, you're in good company. Share why you chose that number.
- Jeff talked about how one of the ways we can know if we're not connecting to God like we should be is whether joy is leaking out of our lives. He said, "If I'm losing joy, it means I have spent too little time in His presence." Have you experienced the connection of joy (or lack of it) to the amount of time you've spent with God? How?
- The pandemic has made us more attuned to how life is complete only when shared and how incomplete life can be without really close connections with others. Is there a way where you're feeling the "incompleteness" of this season? How?
- What is one way you can strengthen your *koinonia* (fellowship) with other Jesus followers this holiday season? How can you be creative?
- Did you text in to get the resource to spend an extended time with God and are you planning on doing it? What have you learned about spending a longer amount of time with Him?

Next Steps

In these holiday weeks, take some time to be alone with God. It could be for a few hours, a half-day, or longer. Because it can be hard to know how to structure this time, we've put together a resource to help. To get a downloadable resource, visit chaseoaks.org/DAWG.