



Key Points :

Right at the this moment, we can be forgiven for not knowing, seeing or experiencing joy. And yet, joy is one of the fruits of the Spirit, part of our inheritance in Jesus, and promised to us in God's Word.

So where is this joy? How do I get it? What can I do to work on my joy?

The starting point is deciding whether you want to be a joyful Christian. The *wonderful joy* is a promise from God that we must choose to receive, to pursue and to desire.

And then we simply **just ask**. Let's not make the same mistake that the disciples had made, overlooking an incredible well of joy as they walked with Jesus – simply by not asking him for more. As he said to them in John 16.24, he says to each of us, "*Ask, using my name, and you will receive, and you will have abundant joy.*"

Questions:

Conversation Starter

1. Think back over the last year - what is your most joyful memory?

Start thinking

2. How is it possible to know 'wonderful joy' in 'trials'? (1 Peter 1.6) Do we need to redefine what joy actually means, particularly in the context of the being a fruit of the Spirit and part of our inheritance in Christ?

3. Why do you think joy is important - both individually in our walk with Jesus and as part of our witness to the world?

Start sharing

4. Have you ever asked God for joy (particularly at a difficult moment)? What happened?

5. Life and the enemy can get in the way and rob us of joy. How have you been robbed of joy in the past year?

Start praying

6. Father God, You invite us to have a deep and intimate relationship with You, and to experience the *wonderful joy* that comes from knowing you. Today I choose joy, and I pray that You would fill me with joy even in the current circumstances. Amen.

Start doing

7. Choosing joy isn't a one-off thing. It's an ongoing, daily choice. So each day this week, why not start your day by choosing joy and asking for more in prayer.