

Joy to the World

Choose Joy

Joy can be a feeling, but it is also a choice. God desires your happiness. But this happiness is more than mere pleasure and more than mere emotion. True joy, like true love, is a decision.

Joy is the sense of well-being that is the result of the certain expectation or possession of one's heart's desire.

Discussion Questions

1. What is one word that most people would use to describe Christians? Why do you think this? What would one word be that *should* be the word people use to describe Christians? Why did you choose this word?
 2. The season of Advent is the “devout and joyful preparation for the coming of Christ”. How do you *usually* spend Advent? Share and discuss.
 3. “Joy is the gigantic secret of the Christian.” What do you think of Chesterton’s statement? Is it true? Do you understand why he made this claim? Discuss.
 4. Can you see the difference between “happenstance happiness” and joy? Do you think that the distinction is real? Discuss.
 5. Choosing joy in the midst of real suffering is heroic. Have you ever chosen joy when you’ve not *felt* joyful? Please share and discuss.
 6. Choosing joy ultimately means choosing the Father’s will. Does this make sense? Does it satisfy? Why or why not? Discuss.
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God in Real Life

1. This week, take time throughout each day to choose joy by saying to the God who is powerful and good and who loves you: Thy will be done.
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To the Heart

“So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.” (John 16:22)