

Joy to the World

Anti-Fragile Joy

Christian joy is more than a feeling. It is the sense of well-being that is the fruit of something else. It is the fruit of a life lived in God. A life “lived in God” is eminently practical; it simply involves the honest prayer, “Father, Thy will be done”. If a person lives this prayer in every environment, one can experience the joy that thrives in any environment..

Discussion Questions

1. When you feel distress (or just normal-to-above-normal stress) what is one thing that you regularly choose to do that helps you cope with that stress? (Bonus points for sharing what you do that *doesn't* help!) Discuss.
 2. It is one thing to “pretend” your negative or sad emotions don’t exist. It is another thing to choose not to be determined by them. Have you ever found yourself “hiding” for fear of what people would think if they knew your struggles? Have you ever been loved in the midst of them? Share and discuss.
 3. Repentance is turning away from “My will be done” and towards, “Father, Thy will be done”. The fruit of this repentance is joy. Have you ever experienced the joy of this move? Discuss.
 4. Real sadness, grief, and loss touch all of our lives. Is it possible to have joy even in the midst of these? Have you ever experienced this? Discuss.
 5. Fragile joy/faith needs to be guarded lest it be crushed. How would you describe your Christian joy: Fragile, Resilient, or Anti-Fragile? Please share and discuss.
 6. What ways have you practiced choosing joy in the past week? Discuss.
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God in Real Life

1. This week, take time to regularly turn to God in each and every environment to say: Thy will be done. Learn to “fall in love with the process”.
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To the Heart

“ 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)