

**THRIVE**  
**Joy-Full**  
**Small Group Questions | Week of 01/14/18**

**Getting Started:**

Today we are studying *joy*. For some people Disneyland is their “happy place.” What’s yours?

**Digging Deeper:** (*John 16:16-24*)

This past Sunday we looked at truths we need to be reminded of to experience joy. Recite your memory verse (John 15:11) and then work through the following truths.

**1) “My joy depends on a good God not my good days.”**

- a) Where is this idea in John 16?
- b) Give examples of the following statement: *“Good days don’t guarantee joy, and bad days don’t guarantee unhappiness.”*
- c) *“Your good days are not God.”* What do you think that means?
- d) What does having joy during a bad season mean and not mean?

**2) “I control very little in my life.”**

- a) Where is this idea in our passage?
- b) Name some things you are NOT in control of in your life.
- c) Why do you think being unclear about what you can control contributes to unhappiness?
- d) What’s an area in your life that you struggle with not being in control of?

**3) “It’s only a ‘little while.’”**

- a) Where is this idea in our passage?
- b) What are some everyday examples of when this truth helps you endure difficulty and maybe even find joy?
- c) Share a time when this helped you through great suffering.

**4) “My sorrows are joys in the making.”**

- a) Where is that in our passage?
- b) Jesus gives the illustration of labor and delivery. Can you think of other examples?
- c) Sorrows sometimes prepare us to experience more out of our joys. Explain.
- d) Discuss what Paul means in 2 Cor. 4:16-17.

**5) “I’ve escaped the worst day ever.”**

- a) What’s the worst day and where is that in our passage?
- b) How does this truth help us find joy when life is difficult?

**Making It Real:**

**6)** Which of these statements would be most helpful to remind yourself right now in your life? Why? Pray.