

Sermon Discussion Guide

5 Steps to Greater Joy

May 03, 2020

Responses & Reactions

- What disturbed you, challenged you, or intrigued you in this week's message?

Digging Deeper

- James 1:2 - *"My brothers and sisters, think of the various tests you encounter as occasions for joy."*
 - How can we consider our "tests" (difficult circumstances) to be occasions for joy?
 - How can the steps outlined in the sermon help us to follow this passage?
- Matthew 11:28-30 - *"Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light."*
 - How does it make you feel to read that Jesus wants to give you rest?
 - Have you ever felt like following Jesus was more like "... come to me and I will give you more work to do."
 - What would it look like to truly trust that Jesus *wants* you to receive rest?

Bringing it Home

- Which of the five steps would be easy for you to implement? Which one would be the hardest?
- Based on your experience, what might you add as another step if you were trying to help someone experience more joy in their lives?