

## Session 3: Abounding in Joy

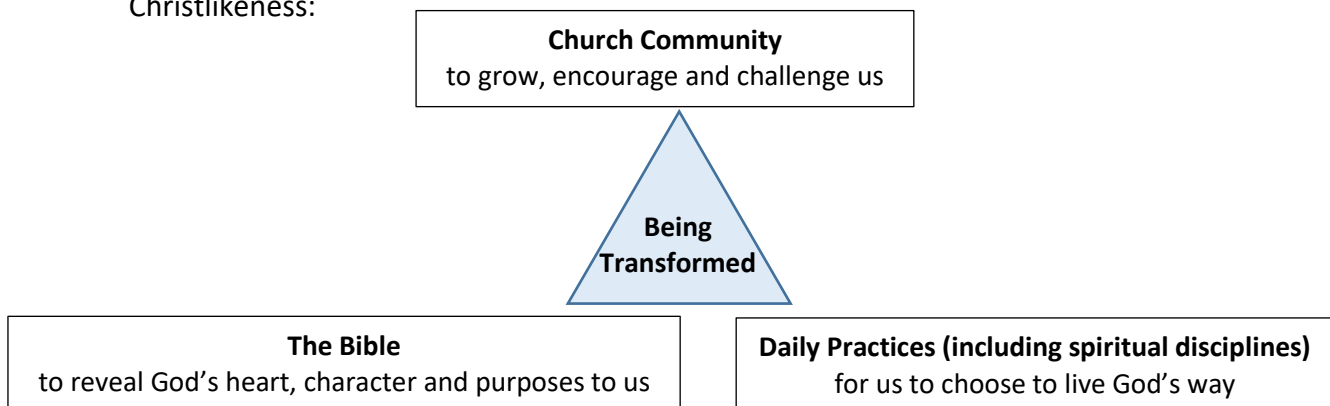
### Discussion opener...

- Have you had any opportunities to demonstrate love on your frontline in the last week?
- What brings you joy?

### How do we become more Christlike?

Watch video: <https://youtu.be/XiGRe2HGfQQ> (Up to 6:20)

- Which comments most spoke to you? Why?
- Krish Kandiah spoke about a triangle of 3 things which are important when seeking to grow in Christlikeness:



- What do you think he means by allowing our Church Community to Shape us? What might that mean for your life group? How might you do that more effectively?

### Growing in Joy

Watch video: <https://youtu.be/XiGRe2HGfQQ> (From 6:20 - end)

- Break into small groups to look at one of the following passages.  
What does the passage tell us about having joy? What brings people joy in these situations?
  - Habakkuk 3:17-18
  - Romans 15:5-13
  - 1 Peter 1:6-9
  - Nehemiah 8:1-3, 9-17
- As Christians what have we to be joyful about?
- Depression is real and affects many of us. What does it mean for those who struggle with depression to have joy? How might others who are supporting those with depression respond?
- Why is joy so often missing in our lives? What robs us of our joy? How practically, can we put that right and live in the joy God offers us?

- Chris Wright in his book highlights how many times in the OT God's people are commanded to celebrate and have festivals... He then goes on to say about us today... "I wonder if, as Christians, we sometimes become so spiritual that we forget to take real pleasure in the ordinary gifts of God and don't allow ourselves to be filled to overflowing with joy." Do we need to party more? Discuss... and then organise a party!

## Response

- Take a moment to reflect and think of one thing that you could do this week to aid the Spirit growing joy in you in the coming weeks.
- Together, read Psalm 98 as a meditation and allow that to lead you into joyful praise of God.
- Say the prayer of John Stott together – and then commit to saying it every day this week. Pray especially that the Spirit would grow joy in you this week.

*Heavenly Father, I pray that this day I may live in your presence and please you more and more.*

*Lord Jesus, I pray that this day I may take up my cross and follow you*

*Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

*Amen.*