

HUEL FOR JOY Discussion Questions

- 1. Describe, if you can, a time when you literally leaped for joy. What might evoke such a response from you today?
- 2. What is it that tends to rob you of your joy the most? Should it?
- 3. What does your general countenance (facial expression) communicate about God to a watching world? (Ask your friends!)
- 4. To what extent do you find joy by meditating on your past and daily forgiveness? If that "fuel" for joy seems inadequate, why might that be?
- 5. Forgiveness is not an end in itself. It is what enables a relationship with God, in whose presence is "fulness of joy" (Psalm 16:11). How might you counsel a joyless Christian to experience that more?
- 6. Joy is not merely to be inwardly felt, but outwardly expressed. If it's a fruit of the Holy Spirit, what is our role in that, and how will you live out that role this week?