



MIRACLE GROW - Week 2 JOY: Discussion Guide

TOUCH BASE - 10 Minutes

- 1) What has been one of the most joyful times of your life? Would people say you are a Joyful person? If so why?

TAKE IT IN - 10 Minutes

Watch the video for week 2 entitled “Joy” on the DVD or at tlc.org/miracle_grow.

Video Notes

Joy is _____

Joy is _____

Joy is _____

What insights did you gain from the video, this week’s sermon, or reading Chapter 2 in the book?

TALK IT OUT - 25 to 35 Minutes

- 1) Is there a difference between joy as a fruit of the Spirit and ordinary cheerfulness or happiness? If so what makes that difference? How would you define joy?
- 2) What gives you joy?
- 3) Read Romans 15:13
How are joy, peace, and hope all related to each other? What role does trust in God play in manifesting this fruit in a believer?
- 4) Read Romans 15:10
What is the reason Paul tells the Romans to rejoice in this verse? In your opinion how often do people rejoice because of this reason today? How can you incorporate it as part of your life?

5) Read Habakkuk 3:17-18

“Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the LORD! I will be joyful in the God of my salvation.” (New Living Translation NLT)

- A. What makes it possible to find joy in circumstances like those described here?
- B. Have you ever experience joy in spite of difficult circumstances? If so, share briefly about it.

6) Do you know examples of people (including possibly yourself) who have suffered greatly and yet still show joy in their faith even if they died for it?

In the video and on page 50 & 51 of “Cultivating the Fruit of the Spirit” Chris Wright says this about clinical depression, “It can be devastating and simply choosing to focus on joy will not set you free. Getting joy back is not a matter of “trying harder”. Depression is an illness, not a weakness.”

If you or someone you know struggles with depression or mental illness, come to the Twin Lakes Church Mental Health Conference Oct. 11-13. For more information go to tlc.org and click on the “Mental Health” banner ad.

7) What are some examples of joyful celebrations in our culture? Can we as Christians enter into them, or are they contrary the Bible's teaching? If so in what ways?

8) Has the Gospel transformed any of your culture’s festivals into occasions for Christian joy for you?

TAKE IT WITH YOU - 10 Minutes

Questions for reflection

On a scale of 1-10, how joyful are you? What steps will you take this week to find joy no matter what the circumstances?

Decide on one specific action you can take this coming week and then pray that God’s Spirit will begin to manifest the fruit of joy in your life.

Close in Prayer