



## Key References:

### Philippians 4:4 (ESV)

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice.

### Psalms 34:1, 5 (ESV)

<sup>1</sup> I will bless the LORD at all times; his praise shall continually be in my mouth. [...] <sup>5</sup> Those who look to him are radiant, and their faces shall never be ashamed.

### Romans 14:17–18 (ESV)

<sup>17</sup> For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. <sup>18</sup> Whoever thus serves Christ is acceptable to God and approved by men.

### Ephesians 6:7 (NIV)

<sup>7</sup> Serve wholeheartedly, as if you were serving the Lord, not people,

### Luke 6:22–23 (ESV)

<sup>22</sup> “Blessed are you when people hate you and when they exclude you and revile you and spurn your name as evil, on account of the Son of Man! <sup>23</sup> Rejoice in that day, and leap for joy, for behold, your reward is great in heaven; for so their fathers did to the prophets.

### Psalms 16:11 (ESV)

<sup>11</sup> You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

### Philippians 3:1 (NIV)

Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you.

## 1 – Happiness outside of Sunday

Are Christians in our culture characterized by steadfast happiness?

When in a regular week or month do you find it hardest to be happy?

Ivor said “a smile is the language of faith”. What do you think about this?

Read Phil 4:4-6. How should rejoicing be lived out in our regular routine? Can we choose to be happy?

## 2 – A foundation of joy

In the past month has there been a consistent foundation of joy throughout your life? Why is this challenging to answer?

Ivor said on Sunday “it is unreasonable not to be happy, because of the greatness of God”. What do you think about this? What about in the light of Ecclesiastes 3:4?

On your Christian journey have you felt your happiness to continue to grow?

Read Romans 14:17-18. How should righteousness, peace & joy be showing up in our regular interactions with non-Christians?

Read Psalm 16:11. Have you ever experienced this “fullness of joy”? What can we do to step in closer to it?

## 3 – Joy in the workplace

In your workplace or other area what is challenging about the culture of negativity? What do you think about Ephesians 6:7?

Has your joy ever brought about change in your workplace or influence area? Do you think you display a higher level of happiness than your colleagues?

## 4 - Rejoice through the bad

Read Luke 6:22-23. How are we blessed when people hate & exclude us? Have you ever experienced this? Where does it say our reward is?

Many people have experienced very real abuse in their past. How can or does God turn this around to joy? Do you have a testimony of healing?

Read Philippians 3:1. From what is rejoicing in the Lord a safeguard of?