



Part 2: It's Time to Choose Joy

Big Idea

It's time for us to make a change by choosing joy! God has unlimited joy to give, and we need His joy in every circumstance. Joy is embedded in the specific plan that God has designed for each person, and walking in any other plan robs joy from our lives. Because God is the ultimate source of joy, we can be certain He is working everything out according to His will. Even if situations seem dark, hopeless, or overwhelming, remember that joy is a choice, not a feeling. No matter what, choose to “re-joyce” again and again.

Paul's letter to the Philippians was written because he chose joy in the midst of dismal and life-threatening circumstances. Too often, people get stuck mentally and emotionally, repeatedly ruminating over painful episodes. This can blind us from the reality that God is up to something good. Like Paul, we can find joy by seeking new opportunities even in the middle of difficulty. With eyes wide open, we can find joy by focusing on the right things. Last, we can go after joy and find it by ignoring silly distractions, listening to the right voices, and looking in the right places. Stay positive and choose joy today and every day, no matter what. Rejoice and continuously rejoice!

“Rejoice in the Lord always. I will say it again: Rejoice!” (Philippians 4:4 NIV)

Discussion Questions

- What are some new opportunities that you could explore in your current situation?
- What are some common joy distractions? How can you avoid being distracted?
- What really matters? How do you rejoice in the things that matter?

Prayer Focus

Thank God for creating you for a specific purpose that only you can fulfill. Thank God for embedding joy in His plan for your life. Ask Him to show you areas of life where you may be stuck and to give you a vision of joyful life beyond the circumstances. Ask God to replace every fear with joy and every doubt with the certainty of His promise to work everything out according to His plan. Finally, ask for the ability to see new opportunities and focus on what really matters.

Next Steps

If you're not already participating in 21 Days of Prayer and Fasting, consider joining in this very important season for our church. You can also think of someone who is in a difficult situation and needs to experience joy, and then invite that person to a prayer service. Last, begin planning and praying about joining or leading a Small Group that will focus your life toward choosing joy.

Leader Tip

Think of a time when you found joy in the middle of a difficult situation. Share how God enabled you to look beyond the situation, look for new opportunities, and focus on what really matters.