



Journal

Chapter 22: JOY

Personal Study

Last week you examined the virtue of love. Perhaps you were challenged to unconditionally love the challenging people in your life. This week before your group meeting, read *Believe, Chapter 22: Joy*. Then, take some time to allow the Scripture to enter your mind and to evaluate what truly brings you joy in life.

Read

Read Believe, Chapter 22: Joy and answer the following questions.

1. Describe the common patterns found in these verses.

2. As you read this chapter, what questions came to your attention?

3. What did you read that encouraged you?

Inspired you? _____

Confused you? _____

4. In your life, is joy an easy or an elusive emotion to capture? Why is that?

5. Depression and discontentment can be found in some of the wealthiest and most successful communities on earth, yet joy is regularly found among the poor and powerless. What does this tell us about joy?

6. Is joy an emotion, or is it better described as a choice or mindset? Explain.

Evaluate

Based on your reading from Believe, Chapter 22: Joy, evaluate your level of confidence in the statements below, using a 1–6 scale (1 = no confidence, 6 = complete certainty).

- _____ I have inner contentment even when things go wrong.
_____ Circumstances do not dictate my mood.
_____ I am excited about the sense of purpose I have for my life.
_____ I can be content with the money and possessions I now have.

Take Action

Memorizing Scripture is a valuable discipline for all believers to exercise. Spend a few minutes each day committing this week's Key Verse to memory.

Key Verse: "I have told you this so that my joy may be in you and that your joy may be complete." (John 15:11)

Recite this week's Key Idea out loud. As you do, ask yourself, "Does my life reflect this statement?"

Key Idea: Despite my circumstances, I feel inner contentment and understand my purpose in life.

Answer the following questions to help you apply this week's Key Idea to your own life.

1. How would this virtue express itself in your life?

2. What visible attributes can be found in someone who manifests the virtue of joy?

3. What is impeding your ability to choose a lifestyle of joy?

How can you overcome these obstacles?

4. What action step can you take this week to increase the presence of joy in your daily life?
