

GROUP Guide: "JOY" - The Sweet Life

Opening: When Did You Last Experience Joy?

We often chase joy without understanding what truly sustains it.

A Repentant Spirit: Scripture: Psalm 51:12, Psalm 32:3-4

Unconfessed sin quietly steals joy. We carry guilt, shame, and distance from God without realizing the weight we're bearing.

Reflection Questions:

- How does unconfessed sin affect your peace?
- Why is confession difficult, even when we know God's grace?
- What does restoration feel like after confession?

Practice: This week, take one courageous step toward confession—to God or to someone trustworthy.

A God-Centered Life: Scripture: Philippians 3:1, Romans 8:28

When we rely on ourselves and our own control, anxiety follows. Joy emerges when we shift from self-reliance to trust in God's character and plan.

Reflection Questions:

- Where does self-reliance lead you emotionally?
- What are you currently trying to control?
- How does your heart respond when you genuinely trust God with something?

Practice: Identify one thing you're gripping tightly. Write it down, then release it to God intentionally. When anxiety returns, ask: "Does God have this?"

An Eternal Perspective : Scripture: 1 Peter 1:6, Romans 5:2, 2 Corinthians 4:18

Present struggles feel permanent when we only see today. But God's eternal perspective transforms how we experience difficulty and hope.

Reflection Questions:

- How does focusing only on now distort your view of reality?
- What would your current struggle look like through God's eternal lens?
- What might God be building in you that you can't see yet?

Practice: When despair tempts you this week, pause and ask: What might God be doing that I can't see?"