

**Life Group Study Guide**  
**Believe and Be Changed**  
**John 16:16–28 — Indestructible Joy**

## **Icebreaker**

### **“Spoiler Alert!”**

Have you ever watched a game or movie where you already knew the ending?

- Did it change how you reacted to stressful or intense moments?
- Were you less anxious? More relaxed? Even amused?

*How might knowing the “ending” of your life in Christ change the way you experience present struggles?*

## **Read Together: John 16:20–22, 32–33**

## **Sorrow Is Real (and Not a Failure of Faith)**

Jesus tells His disciples plainly: *“You will weep and lament... you will be sorrowful.”*

### **Discussion Questions:**

1. Why do you think Jesus *warns* His disciples about sorrow instead of trying to comfort them with easier expectations?
2. Have you ever been made to feel like you shouldn’t feel sorrow? How does this passage challenge that?
3. The sermon said: *“We feel deep sorrow because we love deeply.”* Where have you experienced that in your life?
4. How can avoiding pain actually limit our ability to experience real joy?

## **Sorrow That Produces Joy**

Jesus uses the image of childbirth—pain that *produces* joy.

### **Discussion Questions:**

1. What stands out to you about Jesus’ illustration of childbirth?
2. The sermon said: *“In the Christian life, pain is not punishment; pain can be production.”*
  - Do you agree? Why or why not?
  - Where have you seen something good come out of something painful?
3. What’s the difference between:
  - Pain that is meaningless
  - Pain that is producing something?
4. How does the resurrection of Jesus transform the way we interpret suffering?

## Circumstantial Happiness vs. Kingdom Joy

The world tries to fix sorrow by changing circumstances.

### Discussion Questions:

1. When you feel stressed or discouraged, what is your *default strategy*?
  - Distract? (phone, TV, work, etc.)
  - Fix? Control circumstances?
  - Avoid? Numb?
2. Why do those strategies ultimately fall short?
3. Can you think of someone who has had joy in the middle of hardship? What made it different?

## Joy Through Seeing Jesus

Jesus says, “*You will see me.*”

Their sorrow turns to joy when they see the risen Christ.

### Discussion Questions:

1. Why is *seeing Jesus* the turning point for their joy?
2. The sermon said:  
“*Christian joy is found not in distraction but in focus.*”
  - What are we tempted to focus on instead of Jesus?
  - What does it look like practically to “fix your eyes on Jesus” this week?

## Indestructible Joy

Jesus makes a bold claim:

“**No one will take your joy from you.**”

### Discussion Questions:

1. What threatens your joy the most right now?
2. How does this promise challenge your current view of joy?
3. The sermon used this idea:  
*Watching a game you already know your team wins*
  - How would your life look different if you really believed Jesus has already won?

## Action Step

This week:

- Identify one place of sorrow or stress in your life
- Instead of distracting yourself, **intentionally bring it to Jesus daily**
- Pray honestly, and ask:  
“*Lord, help me see You here.*”