



# Restore Your Joy.

## Week 1: Restore Your Joy

Against the backdrop of fear, uncertainty, pain, hurt, loss, and political and social divisions, we have access to something that has the power to shift everything—Joy. What is it and how do we get it back? Let's take a look.

### Discussion Questions

1. How would you define “joy”? Does joy tend to come easy or hard for you? Why do you think this is so?
2. What or who tends to steal your joy?
3. Dan tells us that our souls are designed to run on joy. What do you think that means? (Read Nehemiah 8:10 for help.)
4. We are told to prioritize the presence of Jesus. What does that mean to you? How can prioritizing the presence of Jesus affect your joy?
5. Read James 1:2. How does joy affect perspective? Why is gratitude important?
6. How does trusting in God (Romans 15:13) allow us to persevere in joy?

### Moving Forward

Joy is not something that is either part of our temperament or not. Through the Holy Spirit, we have access to joy regardless of our circumstances. But we do need to act. We need to prioritize time with Jesus, lean into a perspective of gratitude, and persevere through trusting God. What is one thing you can do this week to help restore your joy?