



## **Week 1: What Our World Needs Now**

### **Full of It**

### **Discussion Questions**

1. Share a moment or experience from your life when you felt genuine joy. What was happening, and what made that moment so joyful for you?
2. In your own words, how would you differentiate between happiness and joy?

### **Read John 15:5–12**

3. What does it mean to “remain in Christ”?
4. How do we live a life that produces fruit, according to Jesus?
5. According to John 15:11, what is the source of true, complete joy for believers?
6. What role does gratitude play in fostering joy?
7. How does comparison hinder our ability to experience true joy?
8. What can you do this week to eliminate comparison and make room to connect with Jesus?

## **Moving Forward**

As you start your week, remember R. C. Sproul's litmus test for finding joy: Jesus first, others second, and yourself third.