



Week 2: Disappointment to Joy

Our unmet expectations often lead to disappointment. But when we focus our attention on Jesus, he helps us choose joy.

Discussion Questions

1. What brings you the most joy in life? Why?
2. Do you find that you make joy dependent on your circumstances? Why?
3. Rahul mentioned that sometimes we experience disappointment because: "Our lives are not where we thought they'd be." Do you find this to be true? Give an example.

Read James 1:2–4

4. How would you define a "trial"? How do you typically respond to trials?
5. How can you look at trials with joy?
6. What are you so focused on that is stealing your joy?
7. What steps can you take this week to choose joy? (Psalm 16:11)

Moving Forward

Instead of focusing on what you can't control, which will always lead to disappointment, focus on the one who is in control—Jesus.