


4. **How** will spending consistent time with God and His WORD shift you from a “doing” Christian to a “being” Christian? What will that look like?

5. **Joy** was defined as “celebrating every moment of life that God gives us in anticipation of an eternity with Jesus”. How does that definition of joy fit into our lives when difficult circumstances arise?

6. **The key to joy is spending time with God & His Word.** Share an example of how focusing your worship and enjoying God’s WORD has brought joy in your life.



My SEISMIC SHIFT for this week:

Prayer List: Take a few moments to share prayer needs with your group. Write them down here and have someone volunteer to pray specifically for each individual need during prayer time.

Group Project: As a group, pick a specific ministry inside ChurchFor-Family to pray for and help over the next six weeks. Strategize how your group can help that ministry. Write ideas here.

C'mon Get Happy!

Shifts that bring real joy



the little changes that



There is a big difference between happiness and joy.

Happiness is circumstantial. JOY, on the other hand, is a long term state of being, consistent state of our souls. God wants us to experience real joy that only comes from Him.

“But the Holy Spirit produces this kind of fruit in our lives: love, joy...” Galatians 5:22

JOY IS A _____ (1)

“We are far too easily pleased.” C.S. Lewis

☺ Joy is a choice to take the _____ (2)

“You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.” Psalm 16:11

☺ Joy is a choice to enjoy the _____ (3)

“You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.” Psalm 16:11

“DOING” versus “ _____ **” (4)**

☺ Joy is a choice to life as a _____ (5)

“You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.” Psalm 16:11

Joy is about celebrating every moment of life that God gives us in anticipation of an eternity with Him.

WHAT WILL THAT CHOICE REALLY LOOK LIKE?

¹³Now I am coming to you. I told them many things while I was with them in this world so they would be filled with my joy. ¹⁴I have given them your word. And the world hates them because they do not belong to the world, just as I do not belong to the world. ¹⁵I’m not asking you to take them out of the world, but to keep them safe from the evil one. ¹⁶They do not belong to this world any more than I do. ¹⁷Make them holy by your truth; teach them your word, which is truth.” John 17:13-17

The key to joy is found in _____ (6)

Key: (1)Choice (2)Journey (3) Relationship (4) Being (5) Celebration (6) God's Word



“I will spend consistent time with God”

- **How does God show us the path, the journey?** *Through His WORD. “You will show me the path...granting me the joy...” Psalm 16:11*
 - **How do we enjoy real relationship with Jesus?** *By listening to HIS WORD and then talking to Him about it; living it out.*
 - **How can we really celebrate the moments in life?** *God’s WORD makes sense out of this life! God’s WORD gives us a celebration perspective.*
- **Commit to starting your day with Jesus...**do whatever it takes to remind yourself that the first person you’re going to talk to in the morning is Jesus. Before you feet hit the floor, tell *Jesus good morning* and start discussing your day with Him.
- **Commit to listening to God’s WORD.**
- **Commit to talking back to God.** *Ask Him questions, tell Him what you think. Enjoy the relationship!*

**Every day, in some way...
consistent time with God.**



- (1) I will spend consistent time with God.
- (2) I will focus my worship.
- (3) I will treat myself like God’s Temple.
- (4) I will reach outside myself to others.
- (5) I will regard everything I have as God’s.
- (6) I will purposefully invite others into relationship with Jesus.

Growth Group Discussion Starters

1. **What’s one small change** that you’ve made in your life that’s made a big difference?
2. **Look over** the **Seismic Shift** list at the bottom of the previous page; which area of change are you the most excited about experiencing. What changes do you hope to experience in that area?
3. **Paul shared** six key indicators of *growing up* or spiritual maturity. Below is a list of all six. Take a few moments to identify where you think you are in your spiritual growth in each of those key areas: *(circle a number)*

Learning to feed ourselves (Bible Study)



Learning to talk and listen (Developing a prayer life)



Sharing (Growing in generosity)



Helping Others (Serving others and getting involved in ministry)



Loving God and Others (Loving God with all your heart, soul, and mind and your neighbor as yourself)



Living in a bigger world (Caring for those outside God’s family)



Now, identify one area where you feel you are doing well and showing signs of growth and share with the group how you are experiencing joy as you grow in this area of spiritual maturity.

After everyone has shared, take time share one area where you really wish to take a step forward in spiritual maturity. **What is one shift you can make that will help you grow in faith in this area?**