



### Sermon Outline

#### Key verses

*As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy.* <sup>45</sup> *Blessed is she who has believed that the Lord would fulfill his promises to her!*

Luke 1:44-45

#### If you want to find joy this Christmas, look to the promise of Jesus

- Joy causes you to worship

*The whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen.*

Luke 19:37b

- Joy gives you strength

*Do not grieve, for the joy of the LORD is your strength.*

Nehemiah 8:10

- Joy is contagious

*You will be filled with my joy. Yes, your joy will overflow!*

John 15:11

### FINDING JOY

DECEMBER 15  
DISCUSSION GUIDE

#### Opening Thought

Christmas is a joyful time! With all the festivities, gifts, and lights, it is easy to join in the jubilation. While events and toys make us happy, it is fleeting. True joy comes from knowing Christ as your Savior. God sent joy into the world as Immanuel. If you want real and lasting joy, look at what God has done for you in Christ!

#### Ice breakers

- Do you unwrap gifts on Christmas Eve or Christmas Day?
- Did you ever think Santa was real? When did you discover the truth?

#### Dig Deeper

- Some people struggle to find joy, because they base their joy on a particular circumstance or relationship or achievement. Take time to discuss the statements below. How does God's word counsel us in each area?
  - I'll be happy when I have all the things I've ever wanted. (Luke 12:15, John 10:10)
  - I'll find joy when I have this person (friend, spouse, child) in my life. (Psalm 41:7-9, Mark 14:31, 50)
  - I'll be able to enjoy life once this trouble goes away. (Matthew 5:10-12, James 1:2-4, 12, 5:11)
  - I'll rejoice when I achieve this goal or realize my dreams. (James 1:11, 1 Timothy 1:5)
- Read 1 Thessalonians 5:16-18. Which of these three commands are most difficult for you?
  - What does it look like for you to rejoice always?
  - John shared three things about joy this morning. Which one do you need to grow in most? (freely worshipping, standing strong in discouragement, or contagiously sharing the good news?)
  - What reason did Mary give for her joy in Luke 1:48?

#### Closing

Is your joy evident to others? Don't let your circumstances steal your joy! Because of Christ, you can face discouragements with confidence and yes, even joy. When you focus on what God has done for you by sending Jesus into the world, your joy bubbles up, overflowing with praise and strength and a contagious spirit.