

VIDEO

Emotional Series



LESSON : DISCOVERING JOY



THE POINT

Find joy in unexpected places.



QUOTES

A cheerful heart is good medicine ...

- Proverbs 17:22 (NLT)

TO-DO

Answer these questions and then act on your answer to question # 3:

- 1 - What did you love to do when you were a child?
- 2 - What about that brought you joy?
- 3 - How can you recreate that kind of joy through activities possible for you now?

Read:
Psalm 139:13-14
Proverbs 17:22
Acts 16:22-25

QUESTIONS

- 1 - What do the people you know do to find and experience real joy (ways that contribute to their health and wholeness)? Do you think it could be true that people who remain active in hobbies they love, after they retire, are happier and healthier than those who have no established hobbies?
- 2 - Think about the circumstances of Paul and Silas described in Acts 16:22-25. Why could they sing? Could you sing, bleeding and imprisoned, with your feet in stocks? When something goes wrong in your day, how do you respond?

MY NOTES

PRAYER