

Union

C H U R C H

Groups | This Joy That I Had...

Get Started

Welcome to Spring Groups!! We are excited to do life with you! We pray that you find community that will create lifelong friendships!

Icebreaker: Which made you smile today?

Start with Scripture

- **Philippians 4:5** *Let your gentleness be known to all men. The Lord is at hand.*
NKJV

Make it Personal

This week, Pastor Stephen continued the Joy series The Joy I had... Ps reminds us that We live in a battlefield between the enemy and us. That the difficulties in life shouldn't be taken at face value but we need to understand that there's a spiritual agenda beneath it. There is a real enemy out there who doesn't always try to attack us physically, but also emotionally, and one of his favorite emotions to attack is our JOY. This message helps us not to be run by our emotions, and keep our joy in the process.

Here are three thoughts to consider about Joy.

1. Point 1: I Decide My Access To Peace

Understand that your strength is connected to your joy. There are times when life is going to come at us and knock us down but we need to remember that there are things that we can do to get it back. The equation to get it back is Prayer + Supplication + Thanksgiving= opened doors to where peace that surpasses all understanding resides.

- **Q** – What resonated most with you from this part of the message?
- **Q** – Read James 4:2 & Psalm 103:1-4 (KJV). How does this scripture resonate with you?
- **Q** – When we learn the art of thanksgiving, prayer, and supplication things change. Which one of these do you struggle with the most or could improve on? What are some ways to improve?

2. Point 2- The Response Cannot Be Understood

Learning to identify whether you're deflecting or addressing the feelings and realities of life will help you discern if what you're feeling is true peace or not. There is a peace and joy that comes with remembering what God has done for you. When you think on His goodness, His kindness, the situation may be overwhelming, but you have assurance that He WILL do it again.

- **Q** – What resonated most with you from this part of the message?
- **Q** – Read Daniel 3:24-25 (NKJV). How does this scripture resonate with you?
- **Q** – In what areas have you thrown in the towel and accepted defeat?
- **Q** – In what areas do you need peace?

3. Point 3- My Focus Determines My Peace

Learn to fix your focus and gaze on Jesus. Even in the midst of hardships, setbacks, and difficulties, fix your eyes on Jesus. What you're focused on will directly affect the peace that you

have but also WHO you're focused on. God provides the peace that we need in every situation even when it seems otherwise.

- Q – What resonated most with you from this part of the message?
- Q – Read Philippians 4:8 (NKJV). How does this scripture resonate with you in the aspect of leading?
- Q – What are some actionable steps you can take to help you focus on God?

Takeaway Points:

- Peace is not everything works out, Peace is God in the situation.
- A peace that glorifies God is a peace that makes people start to wonder about you and ask how.
- There's a joy that comes on you when you remember what He's done for you.
- Don't surrender things that are rightfully yours.
- You don't have not because you're not perfect, or because you're not a "super saint", but because you haven't asked. God didn't withhold Jesus, His only son, for us so there's nothing in His will that He won't do for us.
- Prayer + supplication + thanksgiving = opens the door to where peace that surpasses all understanding resides.
- Your strength is connected to your joy.
- You may have the right to be angry, but is it worth someone going to hell for?
- Everyone around you should remark that there's joy in your life.
- The enemy knows that if He can steal your joy, He can steal your strength, your purpose, your future. Learn to protect your joy

Activity:

Give your groups 5 minutes to write down a practical next step from today's discussion.

Prayer Requests

- Ask your group members to share any prayer requests they have.
- Pray and close out your group.

Reminders

- Be sure to take attendance today!
- Continue to add and accept people to your group.
- **Announcements:**
 - Growth Track Step 2 is this Sunday!
 - Register your free seats for Catalyst on March 22nd! <https://theunionchurch.com/events>
 - Marriage Night is March 15th! Register your seats! <https://theunionchurch.com/events>