



## Week #4: I'm So Happy

*For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

Hebrews 4:15-16 (NIV)

Joy does not come from our \_\_\_\_\_.

*Abide in Me, and I will abide in you. A branch cannot bear fruit if it is disconnected from the vine, and neither will you if you are not connected to Me. I am the vine, and you are the branches. If you abide in Me and I in you, you will bear great fruit. Without Me, you will accomplish nothing. If anyone does not abide in Me, he is like a branch that is tossed out and shrivels up and is later gathered to be tossed into the fire to burn.*

John 15:4-6 (VOICE)

Joy is possible with the right \_\_\_\_\_.

Joy will flourish with the right \_\_\_\_\_.

### Seven Spiritual Practices:

- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

- \_\_\_\_\_.
- \_\_\_\_\_.
- Joy can be \_\_\_\_\_.

*Create in me a pure heart, O God,  
and renew a steadfast spirit within me.*

*Do not cast me from your presence  
or take your Holy Spirit from me.*

*Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.*

Psalms 51:10-12 (NIV)

### Discussion Questions

1. When was a time in your life that the source of your joy was in a situation, but then that situation changed? What is the danger in trying to find our joy in our situations or in our own striving?
2. When you write down and look at the seven spiritual practices that help us stay close to Jesus, what is one that you consistently do now?
3. What one or two spiritual practices will you want to commit to adding into your life consistently?

### Recommended Resources

- *A Surrendered Yes: 52 Devotionals to Let Go and Live Free*, by Rebekah Lyons
- *Chasing Vines: Finding Your Way to an Immensely Fruitful Life*, by Beth Moore
- *Choose Joy: Because Happiness Isn't Enough*, by Kay Warren
- *The Spirit of the Disciplines: Understanding How God Changes Lives*, by Dallas Willard
- *Live No Lies*, by John Mark Comer.
- *The Root of Anxiety*, with John Mark Comer (Rhythms for Life Podcast with Rebekah and Gabe Lyons).
- *Why I Think You're Happy*, with Judah Smith (Churchome Podcast)

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