

CALVARY WEEKLY DISCUSSION GUIDE

July 19, 2020



CONNECT

When you read a book, do you ever skip ahead to the end of a chapter or to the end of the entire book to make sure it's a "happy" ending? Or does the thought of knowing how a book ends before you get there make you cringe?

GROW

- Do you ever think of joy as a difficult, **vulnerable emotion**? Have you found yourself hesitating to celebrate something because you're "waiting for the other shoe to drop"? Or have you experienced the extreme opposite that glosses over all types of pain in favor of joy?
- Read together: **Nehemiah 8:9-12** **John 16:19-24**
- What would it mean for you to experience **joy as strength**? How could Jesus do something like **complete** our joy? Does that change the way you have thought about joy in the past?
- Think about your past week. Where have you seen **ordinary joy**? How can you allow your self to feel both ordinary *and* **abundant** joy in the coming week? Who in your life needs to be reminded that joy can bring them strength?

PRAY

God, fill us with your abundant joy. When we worry, remind us that you are our strength. Be with those in our community who feel the sadness of this world through grief, worry or loss. Help us to walk along side them and help us also to see and to feel joy in the ordinary things of life. In your name we pray. Amen.