

DISCUSSION GUIDE

Psalms for the Road| Part 3

July 22nd & 25th



The Lord has done great things for us,
and we are filled with joy.

Psalms 126:3

1. Read Ps 126: 1-3

Did most of the Jews who were held in captivity, either as slaves in Egypt, or as captives in Babylon, see freedom come in their lifetime? Did those who were singing this Psalm on their way to Jerusalem experience the release from captivity in this Psalm or are they recalling it from a shared history?

2. Can we experience joy not because of a personal experience, but because of our knowledge of what God has done for his church (and us by extension)?

3. Of the three facets of joy that Seth talked about in his sermon, trusting that God is in charge of your life, confidence in God that he can handle any situation and the ability to praise God no matter what the outcome, which one is the most difficult? Why?

4. Read Galatians 5:22 - 23

Where does joy come from?

Happiness shares the same root as the word happen;
knowing that, where does happiness come from?

What is the difference between happiness and joy?

5. Read Ps 28: 1-3, 7

Does everything have to be going well in our lives in order for us to experience joy?

6. Read Philippians 4:2-4

Does everyone have to be getting along well in our lives or even in the church in order for us to experience joy? The Message version of verse 4 is this: "Celebrate God all day, every day. I mean, revel in him. Make it as clear as you can to all you meet that you're on their side, working with them and not against them."

How does focusing on the things that divide us, the things that are wrong in the world, the circumstances in our life that we don't like rob us of our joy?

How can we make it clear to people in our lives that we're on their side, working with them and not against them?

7. Anxiety, comparison, an unforgiving spirit, a sense of entitlement, unrealistic expectations and the behavior of others, as well as our own sin can all be joy killers. Which one (s) do you struggle with the most?

What can you do about it?

Why should you do anything about it?

What happens if we don't claim the joy that the spirit wants to give us?

8. Read John 15:9-12

Jesus knew he was headed for the cross when he said these words, yet he prayed that his joy would be in us and our joy would be complete.

How does joy defy whatever horrible, no good, very bad experience we may face in life?

Pray together.