May the God of hope fill you with all joy and **peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:12-13

In your Bible and Discipleship this week:

In your Bible this week:
Read one of these passages each day to deepen the impact of the sermon and to prepare for next week. Utilize your Life Journal pages or a notebook, writing down a word, phrase or verse that especially speaks to you, then applying the SOAP process. Then, SOAK in God's presence with meditation and prayer.

Further study from this week's sermon.
Day 1: Psalm 4:11-12; 16:9-11; 19:7-8; 98:1-9.
Day 2: Isaiah 12:1-6; 35:8-10; 51:1-3.
Day 3 Luke 2:1-14.
Day 4: John 15:9-14; 16:19-24.
Day 5: Galatians 5:22-26; 1 Thessalonians 5:16-18; James 1:2-4; 1 Peter 1:3-9.

Discussion questions for processing the sermon with your disciple buddy or small group. Why not grab someone and use these questions to discuss the sermon in the Gathering Center after church?

1. Do a subjective rating on your happiness. Place a mark on each scale below to indicate your general emotional state.

Sorrowful Joyful
1 2 3 4 5 6 7 8 9 10

What factors, do you feel have influenced your emotional state?

2. According to recent Psychological studies we have a good measure of control over our emotional state by what we choose to think about and choose to do. Try each of the following to boost your joy factor.
   A. Count your blessings, make a list.
   B. Express your appreciation to someone.
   C. Do something kind for someone else.
3. Read John 15:9-14. How does Jesus indicate that you can have complete joy? How can He be your joy and delight?
4. Read James 1:2-4. How can you and why should you choose to be joyful?