

## THE FULL SPECTRUM OF JOY | 12-13-15

### REFLECT & DISCUSS

How would you describe joy? What moments in your life have you felt the most joy? What joyous memories do you have? When you were a kid, what did you feel and experience on Christmas morning? Joy is found in loud celebration, deep awareness, and quiet confidence. When we experience all these layers of happiness, we can live out the full spectrum of joy.

### READ: *Luke 2:8-18, Loud Celebration*

Imagine you were one of the shepherds. What would it be like to see and hear the angel armies of heaven praising God? What emotions would you experience on the journey to Bethlehem to see Jesus? Joy is the loud celebration of the good news. These shepherds had a reason to celebrate this good news that broke into their lives in the middle of the night. What good news are you celebrating in your life?

### READ: *Luke 1:46-55, Deep Awareness*

What causes Mary to rejoice in God (see vs 48)? How does it feel when someone truly sees you and accepts you? How much greater does it feel when God sees you and accepts you? If not understood correctly, Mary can appear arrogant in these verses. What is the difference between arrogance and humble confidence in God's plan? Joy is the deep awareness that God is using me to bring New Life. How is God using you to bring new life to others?

### READ: *Luke 1:38 & 2:19, Quiet Confidence*

There has to be a million thoughts racing through Mary's mind when Gabriel comes to her and announces she will give birth to the Messiah. If you were Mary, would you have as much confidence and trust in God to echo her words in Luke 1:38? Why/why not? In Luke 2:19, how does treasuring and pondering what God has done build confidence within us? Joy is the quiet confidence that everything works together for God's purposes. What confidence is God building in your life?

### CHALLENGE

Intentionally practice the full spectrum of joy: celebrate good news loudly, be aware of how God is using you to bring new life, confidently trust God is working everything together for his purposes.

### PRAYER

God, thank you for joy. I want to welcome it, celebrate it, and live it to the full to bring you glory!