

Advent
Filled With Joy
Sunday, December 11, 2022

Psalm 16: 5-11 NIV

⁵LORD, you alone are my portion and my cup;
you make my lot secure. ⁶The boundary lines have fallen for me in
pleasant places; surely I have a delightful inheritance.

⁷I will praise the LORD, who counsels me;
even at night my heart instructs me.

⁸I keep my eyes always on the LORD.

With him at my right hand, I will not be shaken.

⁹Therefore my heart is glad and my tongue rejoices;
my body also will rest secure, ¹⁰because you will not abandon me to the
realm of the dead, nor will you let your faithful one see decay.

¹¹You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

1. **Gaze Upon Jesus.** What happens when you shift from your problems and pain to Jesus and His fullness?
2. **Rejoice! It's Good Medicine.** Do you let yourself truly rejoice in the Lord? How has rejoicing proven to be good medicine for you?
3. **Receive the Fullness of Joy.** Where could you use more joy? Have you let Jesus into that part of your life? Will you?

Conclusion: As we gaze upon our Lord Jesus Christ, rejoicing in who He is and all He has done, being filled with JOY is an automatic by-product we receive. We don't have to work at being joyful, we simply come to and focus on the One who is the JOY Giver!

LIFE GROUP LESSON
Filled With Joy
Week of December 11- December 17, 2022

Ice Breaker: Do you put conditions on being joyful? If so, what?

Read Psalm 16: 5-11.

1. What does David declare about God? (v.5) What does this mean for you?
2. What is David giving thanks for? What promises is he believing? (v.6)
3. What is another attribute of God David praises? (v.7)
4. How do we receive God's counsel?
5. What do we learn about how God may counsel us? (v.7)
6. Have you ever awakened with an image, dream, or message on your heart from your sleep? How is God communicating with us in our sleep? Why might He communicate this way?
7. What does David purpose to do? Why? (v.8)
8. When he keeps his eyes on the Lord, what is the response? (v.9)
9. What promise do we see in v. 10? What prophecy is this foretelling?
10. What does God make known to us as we seek Him? (v.11)
11. How are we filled with joy? (v.11) What should we do then?
12. Read Hebrews 12:2. How did Jesus endure the cross? What did He focus on? What does this teach you about how you endure great hardship and sorrow?
13. Read Nehemiah 8:10. What is our strength? How do we apply this?
14. Is it important to rejoice in the Lord? Why? *Why do we hold back?*
15. Read Proverbs 17:22. What do we read about a joyful heart? What does a crushed spirit do to us? Have you felt that before?
16. Read Psalm 71:23. What are we to do to be filled with joy?
17. Can you rejoice in the Lord from your heart and not feel His joy building within? Do they go hand in hand?
18. What does this tell you about the importance of rejoicing in the Lord?
19. Read John 15:10-11. Why does Jesus emphasize the importance in keeping His commands?
20. Read Psalm 68:3. What is the key to being filled with joy?

Point to ponder: Joy is an eternal gift we can live in *even now*, given to us by our Lord who is Himself Joy. We won't find lasting joy apart from Jesus. Let us come into His presence and be glad in who He is, that our joy may be complete in Him.