

FRESH JOY: Finding Joy in the Midst of Loss, Hardship and Suffering



SESSION 4- CHAPTERS 7 AND 8

CHAPTER 7 – Moving Forward To Joy (Getting Unstuck)

When you see the verse: “Do not be deceived: God cannot be mocked. A man reaps what he sows.” (Gal. 6:7). Why do you think it is so harsh and what God means by this?

The Bible verse: “Words kill, words give life; they’re either poison or fruit-you choose” (Prov. 18:21 MSG). What are some words you need to stop saying?

What are some words you need to start including in your vocabulary?

Heidi found hope and joy by “planting seeds” in various different ways. Reading the bible, blogging, praying, writing articles, searching the Bible for verses on hope and joy. In time, it became a reality. When life is hard, how do you find hope?

The Bible tells us: “Be kind and good to others, then you will live safely here in the land and prosper” (Ps. 37:3). To paraphrase this: If you do this, then this happens. Finish the following sentences.

If you want friendship, sow:

If you want a good marriage, sow:

If you want loyalty in other people, sow:

If you wanted to be treated with respect, sow:

If you want peace, sow:

If you want joy, sow:

When we sow seeds of kindness we sow the heart of God. Kindness is “love in action.” Remember how you felt when someone extended the hand of kindness to you. In this difficult season we all need a dose of kindness. This week, to whom can you extend kindness? How will you do it?

We’re never stuck. Don’t let the enemy lie to you. On page 86 of the book, can you identify with any of Satan’s lies? Name another lie you’ve been buying into.

GROW YOUR JOY

Seeds grow best in the dark ground. How can you use this difficult and dark time of Covid to grow good seeds?

Awaken your senses: What kind of things can you surround yourself with that delight your senses and bring you joy?

CHAPTER 8 – Joy When We Know Who We are (A Lesson from my Putter)

Once Heidi new the real value of her putter, she treated it differently. With care and respect. Knowing that you are a God’s exquisite masterpiece, what does that tell you how to treat yourself?

Let Go of Shame. Knowing who we are in Christ affects every aspect of our life. One of the biggest obstacles to knowing our full value is the self-condemnation of shame. Shame knows how to stay in the secret place and often we’re not even aware of it. But Satan uses shame to stop us from knowing our full value and finding joy. In what areas do you feel “less than, not enough?” What shame in your life needs to be surrendered?

Give yourself grace. Ladies, we need to let go of control, perfectionism, manipulation and wanting life to turn out our way. What joy to let go of petty irritations and unrealistic expectations! What are some of the “shoulds” you need to let go of for yourself and others?

Take hold of your beauty. Jesus valued women and he values you. If you’re ever going to experience the fullness of joy, you need to accept the fact that you are God’s workmanship. So take time to thank God for how he has made you. Yes, every part of you.

What joy when we know the magnitude of our value and purpose? Each of us is on this planet at this time of the history of the world for a reason. As life shifts during the different stages, our purpose may change. Do you know your present purpose? What is it?

GROW YOUR JOY

Treat yourself with tender care. We work so hard to be happy, but joy is already inside of us. So how do we receive it? Abide. Hour by hour let Jesus be wisdom, strength, purpose, eating his words and asking, asking, asking for your daily need. Because joy is a fruit of the spirit and ours for the asking. In what area of your life do you need more joy?

Become an unstoppable force. Once we know our value and purpose, we will be an unstoppable force. Look at the 13 bullet items on page 97. Which ones would you like to incorporate into your life?

Then S.T.O.P. and ask God: “Where do I find my value?” Over the next days and weeks wait for his answer.

And...don’t forget to be thankful.