



Part 3—Learn to Identify What Sparks Joy

“Tidying is not just about cleaning it’s also about creating a space that sparks joy.” Marie Kondo

Answer these Questions

What Brings You Joy? What Do You Frequently Do In Your Spare Time That Does Not Bring You Joy?

“The best way to identify what does or does not bring you joy is to compare”. Marie Condo

(Jesus said) “Make yourselves at home in my love. If you keep my commands, your remain at intimately at home in my love...I’ve told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. This is my command: Love one another as I have loved you. This is the best way to love. Put your life on the line for your friends.” John 15:9-13 Message Tr.

What Sparks Joy According to God’s Word

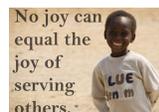
1. Building Up Others

“If you have gotten anything at all out of following Christ, if God’s love has made a difference in your life...if you have a heart, if you care—then make my joy complete...Love each other, work together. Don’t be selfish...be humble, think of others before yourself.” Phil 2:1-3

2. Building Up Your Relationships

“After all we have experienced what gives us hope and joy... It is you! Yes you are our pride and joy.” 1 Thess. 2:19-20

“Loneliness is not the absence of faces. It is the absence of intimacy. Loneliness doesn’t come from being alone; It comes from feeling alone.” Max Lucado



3. Building Up Your Service Quotient

*Are you feeling alone and unfriended?
Do something simple for another,
and your loneliness is ended. Author Unknown.*



**Think
about it**

Either in your small group or on your own, take some time to think about and answer the following questions. Remember it is always good to start this time with prayer.

1. Did you already answer the questions on the sermon outline about what brings you joy. If not, do so and write your answers down on a piece of paper. Do the same for what you spend your time on that does not bring you joy
2. Think about or talk about a time when someone else built you up for no other reason than they cared about you. How did that make you feel? How do you think it made them feel?
3. When have you served someone else? Did that bring you joy? Why or why not?
4. Why is building up your relationships an important aspect of finding your joy?
5. Do you agree or disagree that Building Up your Service Quotient is an important aspect to living your life with more joy?

Going Deeper.

Read John 15:9-17 to yourself and then out loud. What really gets your attention from these words of Jesus? What does this text tell us about finding joy in our lives?

