January 31, 2016

**The Joy of being Grateful**

Deuteronomy 16:13-15, Phil 4:1-9

How is joy tied into gratitude? Why can God reasonably command us to rejoice (Deuteronomy 16:13-15; Philippians 4:4)?

God has always been serious about us being joyful – why (Deuteronomy 28:47-48)?

Paul refers to the Philippians as ‘my joy’ (4:1) - about whom can you say that? Why?

What key element does Paul touch on at the end of 4:3 that matches Jesus’ encouragement to joy in Luke 10:20? Where is gratitude in this mix?

If Joy is not necessarily tied to happiness or current circumstances, what is a biblical definition of joy?

Do you have to be an optimist or have a perpetually sunny outlook to be joyful? How does your own personality play into experiencing joy?