



# James

## Part 1 – Consider It All Joy

### Discussion Guide

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Finding joy in all things can be hard. Our humanity often gets the best of us. However, no matter what we may be going through, we can ask God for joy. He will not fail to encourage and sustain us. When we shift our perspective, we can clearly see that God's purpose and plans for our lives will prevail. Let's look at how to "consider it all joy."

#### Jump Start

1. What is your favorite food? Why does it bring you so much happiness?
2. *Joy brings healing.* Read [James 1: 2-4](#), [Proverbs 17:22](#) and [Nehemiah 8:10](#). What is the happiest area of your life? Why? In what areas of your life are you looking for happiness? How are you going to remain joyful through the trial?
3. *Joy is our light to world.* Read [Romans 15:13](#), [Isaiah 12:6](#) and [Romans 14:17](#). Our joy, especially in trying times, is a testimony to the world. What promises do these verses give you? What actions should you be taking? What surprising thing is an indication to the world of a true believer?
4. *Find joyful people.* Read [2 John 1:12](#) and [John 15:11-12](#). Who are the joyful people around you? How are you committing to staying in God's presence this year? How are you going to keep your perspective healthy? What direct commandment do you have from Jesus, that will add greatly to the joy in your life?
5. *Stay in tune with the Holy Spirit.* Read [Genesis 1:2](#), [Romans 8:11](#) and [Galatians 5:22-23](#). Who is the Holy Spirit? What is the Fruit of the Spirit? Are there any you actively exhibit in your daily life? Are there any fruits that you are asking God to develop in you? Note: if you're interested in learning more about the Holy Spirit, Growth Track has one whole session on the Holy Spirit and the gifts of the Spirit.
6. *Change our worldly expectations.* Read [Philippians 1:29](#), [Luke 9:23](#), [Romans 8:18](#) and [Hebrews 12:2](#). What is one thing you can expect as a believer? What doubts or fears surface while you are trying to "count it all joy"? What next steps are you going to take to change your expectations?

### **Deeper**

As we study joy, we see that joy is not conditional. God has not promised that we will be happy, but He has promised to be with us through trials. Seeing the joy that the Israelites had through Psalm 126 encourages us to persevere through trials.

7. **Read [Jeremiah 22:5-6, 8-9 and Psalm 126](#)**. What is the context of this Psalm? How do we apply it to our lives? Who else saw the restoration of God?
  
8. **Read [Psalm 126:1-3, Galatians 6:7-9 and Philippians 4:8](#)**. How are sadness and joy intertwined in this chapter of Psalms? How does this teach us to worship God? What practical part does the Philippians verse play in your ability to find joy?
  
9. **Read [Psalm 126:4-6](#)**. Where in your life has God restored you? Where are you desperately needing restoration?