



Notes | March 31, 2024

## Easter: What Gives You Joy?

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A nice cup of coffee, lake days, tiny puppies, a good book, baby giggles...can you feel the joy settling into your soul yet? There are a lot of things that can bring us joy, and there's a lot we would trade to experience those joys. When Jesus was on the cross, dying for our sins, it's hard to imagine he felt anything but pain. Yet he knew his moment of pain was worth the joy of us knowing God. The reward was greater than the cost! We all know the thing in our lives that we can trade for a great joy—even if there's pain involved. Thankfully, we have a savior whose joy was modeled through a trade that would bring us a heavenly joy and reward.

### Key Scripture | Matthew 16:24-26

Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life[a] will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

### Related Scriptures

Matthew 28:9, Hebrews 12:2, Matthew 13:44, II Corinthians 5:21, Luke 15:7

### Icebreakers:

Q: What brings you joy? Why?



## Key Thoughts and Reflections:

### I. Joy is a Treasure.

Q: Share a story from a time that brought you joy.

Q: What's something that you thought would bring you joy but did not?

Q: How does Jesus bring you joy?

### II. We Have to Make Trades.

Q: What are things that come to mind when you think of making a trade?

Q: What do you treasure most in life? How much would you take to trade it for something else?

Q: You are Jesus' joy and worthy of his work on the cross. What does it mean to you to know you are worth so much to God?

### III. Jesus is the Treasure.

Q: Have you had to give something up to follow Jesus? What was it?

Q: How did you feel giving something up?

Q: Following Jesus means trading your old life for a better one with Jesus. What's something you need to trade today? How can you do it?

## Get Practical

The opposite of joy is not sadness, it's emptiness. When we keep searching for the treasure of joy in things that cannot fill our hearts, we end up feeling empty. However, Jesus will lead you to life of treasure that fills you with joy. This week, spend time with God asking him:

- What is leaving me empty instead of filling me with joy?
- How can I trade it for You, my reason for joy?