



Notes | June 02, 2024

How Do I Enjoy Life with God?

Between the news and doomscrolling on social media, we don't register the joy that's being sucked from our lives or falsely assumed in the life of someone else. If we can take a step back from our screens and look at the world that's right in front of us, even with our hardships, we can see clearly the "Joy of the Lord!" To do this, we must invite God into our lives and walk the path back to joy. This might look different for all of us, because we're all uniquely designed and wired, but God's desire for our lives is to enjoy Him and His creation.

Key Scripture | Habakkuk 3:17-19

*Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,
18 **yet I will rejoice in the Lord,
I will be joyful in God my Savior.***

Related Scriptures

Matthew 10:13-14, Proverbs 15:33, Proverbs 7:22, Job 8:21, Zechariah 8:5, Philippians 4:4, Psalm 149:3, Psalm 118:24, Isaiah 61:3, Exodus 31:17, Zephaniah 3:17, Psalm 90:14

Icebreakers:

Q: What do you enjoy doing the most?



Key Thoughts and Reflections:

The 4 P's for Getting Back to Enjoyment with God.

I. Permission

Q: What do you think prevents you from experiencing joy? (Worry, fear, anxiety, guilt?)

Q: What does it look like for you to enjoy the good things from God? How can you start doing that?

II. Personal

Q: What's something you enjoy doing that's light-hearted and makes you laugh?

Q: We are refreshed by *enjoyment*. What hobby makes you feel refreshed? If you don't have a hobby, what do you think it could be?

III. People

Q: Community and healthy relationships are a cornerstone throughout Scripture. How are you building community and relationships in your life?

Q: Who are the core people bringing joy, laughter, wisdom, an encouragement to your life?

IV. Presence

Q: How do you invite God's presence into your life?

Q: In what ways has that invitation to God brought you joy?

Get Practical

To get back to joy in our lives requires us to take a practical step today! So, find time in prayer today to ask God what your personal path to joy looks like. Write a list of activities or people that bring you joy! Maybe it's taking a walk with family, getting coffee with a friend, spending time alone to read a book, or spending more time in Scripture and prayer. Whatever it is, write it down and start living it out!