



Notes | July 14, 2024

## HYMNS: How to have joy in every circumstance!

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In difficult seasons and circumstances, it can be hard to find true joy. Whether you're looking at your life or the state of the world, it's easier to think one of two ways: (1) I'm going to ignore the emotions building in me, or (2) I'm going to control everything in my life so nothing bad ever happens! Neither of those thoughts lead to anything great. So, how do we handle all our emotions and experience joy? It might be hard for us, but we can turn to the Psalms to learn from King David.

### Key Scripture | Matthew 6:25-26

*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

### Related Scriptures

Psalm 42:5-6; I Thessalonians 1:6; Romans 15:13; 1 Peter 5:6-7; Psalm 16; Ephesians 1:14-15

### Icebreakers:

Q: What's one reason you have joy today?



## Key Thoughts and Reflections:

### I. David honestly wrestles with how he feels.

Q: Are you often honest with your emotions? Why? Why not?

Q: Read Psalm 42 aloud. What can you learn from David's honesty in the Psalms?

Q: What would you honestly say to God about your emotions?

### II. David speaks God's Truth over how he feels.

Q: Share a current or recent difficult circumstance with your group.

Q: What is God's Truth over your circumstances? How can you live that out?

Q: How can you fully surrender control to experience joy in a difficult circumstance?

### III. David's feelings catch up to the Truth he believes.

Q: What does it mean for your feelings to catch up to the Truth of God?

Q: How is God better than your best circumstances?

Q: What is preventing you from experiencing true joy in God? Why?

## Get Practical

To experience true joy in difficult circumstances, we turn to God's truth and His love. Even when it seems like nothing can get better, or all we do is dream of better, we have to rely on and find joy in who God is. Our circumstances don't have to get better for our lives to be better. This week, spend time with God asking these questions:

- What am I trying to control in my life instead of surrendering it to God? What would it look like to surrender all control?
- Where else am I looking for the satisfaction that only Jesus can provide?