



As we journey into summer 2026, we're thinking about joy. Where does it come from? What does it mean? And how do we live with a deeper sense of joy in our lives. This series is based on a series of sermons given at the morning services at KPC, you can listen to the audio of those talks on our website.

**Starter:** 1. How often would you say you experienced joy in the Christian life? Can you describe that experience?

2. How much should we expect to feel joy?

### Read 1 Thess 5:16-18

3. Which part of "*Rejoice always, pray continually, give thanks in all circumstances*" do you find personally most challenging and why?

4. In what way is it true do you think that choosing to rejoice might kick start a feeling of joy?

5. What is the Christian's prime reason for rejoicing do you think?

6. What does Paul mean by praying continually? (Verse 17)

7. What's the paradox in giving thanks in all circumstances? (Verse 18)

8. What are you most grateful for in your faith?

9. If it's true that the conscious regular effort of practicing gratitude helps us know moments of being surprised by joy, what practices help you be grateful?

10. What do you make of the idea of seeing all of life as a gift?

11. Why do you think it is that we focus more on what we don't have than on what God has already given us?

12. Do you think people see you as a grateful person or as someone who is more negative and tends towards complaint?

13. How can we flip the difficult experiences and change the internal conversation from complaint to thanksgiving? (e.g I'm so annoyed at having to do the washing up vs thank you for the people who ate off these plates and the conversations we had.)

### Finally

14. Take some time to stop and rest in God's presence together. Ask the Holy Spirit to fill you with more of the joy of Jesus. Bring to him those areas where you long to know his joy.

15. Share any other prayer needs and ask for God's joy to be found in those spaces.