



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.

There are lots of questions here – please don't feel you need to cover them all.

Starter:

1. Have you ever done something like abseiling; rock climbing; sky diving; bungee jumping or similar? Does that kind of thing excite you or fill you with dread? Why?
2. Are you the kind of person that trusts easily? What helps or hinders you 'trusting the rope'?

Read 1 Peter 1:3-9

3. Are there any phrases in these verses that particularly stand out to you? Particularly any that bring you joy?
4. Verse 3 speaks of what God has done for us. It grounds our hope in his work in the past. How do you understand the following words or terms:
 - a. His great mercy
 - b. A new birth into a living hope
 - c. Through the resurrection of Jesus from the dead.
5. Notice, if you haven't already, that it is his work and his gift not ours. Can you describe how this makes you feel? Has there been an occasion where these truths have really hit home for you?
6. Verses 4 and 5 speak of what God will complete in the future. Have you ever considered that you have an 'inheritance in heaven'? What do you think that is? What will it be like?
7. These verses also remind us that this inheritance is 'kept' and we are protected in this journey. Have you ever experienced this reality?
8. These verses remind us that we can know the end of the story, how the journey will finish and what's at the bottom of the rope. Consider verse 6a *In all this you greatly rejoice*. How does all this coming together make you feel?
9. Verses 6-8 remind us that even though our hope is anchored in the past and completed in the future, the present is still full of grief and trials. Do you find yourself scared or anxious about the present, either your life or the state of the world?
10. Peter speaks of these Christian's faith being proven and refined through these trials, and that bringing inexpressible joy. What do you make of these statements? Have you known this in your life?
11. What helps you to view trials and griefs as moments that can result in hope and praise rather than leading us into depression and despair?
12. Verse 9 concludes with an awareness of what we are receiving. How do you understand the term '*the salvation of your souls*'?
13. Steve concluded his talk saying: '*This is what God is doing now, even through the trials. There's glorious hope because of what he has done – bringing joy. There's secure hope in what he will do – inexpressible joy. There's living hope as he holds the rope even as the winds blow. We are safe, secure, loved and as we believe and trust in him – we can find joy in the journey.*'
Is there something in today's study that has sparked joy in you? Can you identify it and name it?

Finally

14. Is there an area in your life where you need to trust him, to take a leap and believe that the rope will hold? Can you share that with one another and then pray into that.
15. Are there any other needs or prayer requests in your group that you can bring before God together.