



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. Depending on your group, the creative idea and the musical suggestions at the end might prove useful (you'll need to consider timings).

**Starter:** Can you name something that brings you joy in the following areas:

a. At your house b) At your workplace or somewhere you go regularly c) In your life as a Christian.

2) If you grew up as a Christian, what place were you taught joy had in the Christian life?

**Read Ezra 3:11-13**

3) What does this passage say to you?

4) What do you make of the idea that joy and sorrow are not opposites, but companions?

5) Describe how church has or hasn't been a safe place to grieve and lament losses.

6) Why do you think we default to showing our good, respectable, coping sides to God and everyone else, yet hide our struggling, less together sides?

**Read Lamentations 3:1-13**

7) What do you make of the first 13 verses of Lamentations 3? What shocks you?

8) What space does or should church give to allowing pain to breath?

9) Why do we think God may not handle raw honesty?

10) In Geoff's sermon, he suggested,

*Joy grows where truth is welcomed not through emotional denial.*

*When we lament: we stop performing, we stop hiding, we stop carrying pain alone.*

*And that honesty creates room for healing.*

To what extent is this true or not?

11) Ultimately our joy comes from knowing that God loves us and from learning that even in pain, we are not abandoned. How does this sound like good news to you?

12) Share, if you can, a time when you had to trust in God despite not understanding why he'd allowed you to go through pain. What was that like?

Creative idea: You might like to give your group space to write their own lament. Try following the pattern of a typical lament psalm:

- Protest: Tell God what's wrong – be honest!
- Petition: Tell God what you want him to do about it – be honest!
- Praise: Express your trust in God today, based on his character and past actions, even if you can't yet see an outcome.

Supporting Music: Check out Downcast Souls, Expectant Hearts from Resound worship for great contemporary music around this theme.

[https://www.resoundworship.org/projects/downcast\\_souls\\_expectant\\_hearts](https://www.resoundworship.org/projects/downcast_souls_expectant_hearts) Or from any music service (youtube/spotify etc)

**Finally**

1. Take time to recognise areas of vulnerability and pain that have been shared. Do these need praying into or supporting. (Don't feel the need to fix it all!)
2. Are there any other needs or prayer requests in your group that you can bring before God together.