



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. When was the last time you said to someone "I really enjoyed that" and what was it about?

Read Psalm 37:1-5

2. In the different parts of your Christian story so far, what place has there been for enjoying God or '*taking delight in the Lord*' v4? What messages have you picked up around this?
3. What part can church play in helping you navigate the tension between doing things for God and simply being with God?
4. What parts of God's character and self-revelation bring you pleasure at this particular time? Are there any characteristics particularly meaningful for you?
5. Psalm 16:11 says '*in your presence there is fullness of joy.*' When is this most true for you and what does it look like?
6. Are there any passages of scripture that you turn to for help?
7. How can we encourage others to "*taste and see that the Lord is good*" (Psalm 34:8)?
8. How can 'knowing God' help us with performance anxiety, being overly concerned by how others perceive and judge us and feeling a hostage to the expectation of others? What has been your experience?

C.S Lewis once wrote,

"We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea."

9. Where in your life right now might you be settling for mud pies in a slum rather than holidays at the sea (to use his metaphor)?
10. What would help you to enjoy God more?

Finally

11. Read Psalm 37:1-5 again slowly. 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.
12. Share any other prayer needs and ask for God's joy to be found in those spaces.