



elev8

life on another level

Student Workbook

YEAR 1

Life and Action
Joy

Bible Readings

Proverbs 15

Romans 5

Philippians 1

Philippians 4



Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of joy in the Bible.
- Express the theme or story in your own way.
- Apply your learning from the story to your own family and community.

Notes from Bible Reading

Scripture A word or phrase that stood out to me:

Observation What is happening in this Bible reading?

Application Something that I learned about who I am or how I should live:

Prayer What I would like to say to God, ask of God, or what I think God is saying to me:

Key Question What does the Bible say about joy?

Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

Describe one of your top 10 happiest moments or experiences of your life.

Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

Read together: Philippians 4: 4-20

“As long as it makes you happy” is often said to judge whether something is should be done or worth doing.

For many people, feeling happy sooner (rather than later) and as often as they can is what they strive for.

And although happiness and joy are often seen as so similar that one word is often used to mean the other, that some make the distinction between the two as happiness is just a temporary chemical sensation, whereas joy is something more lasting and meaningful.

For example the NIV Bible uses ‘happy’ 24 times, but uses ‘joy’ 218 times.

Notice in the passages - does joy comes out of relationships with other people or other factors? How well does these ideas about joy fit with what should make us happy? How do we be content and joyful and how do we keep experiencing these things? How important are friendships to joy? Is joy just a feeling, or is also an active decision one thinks and acts on?

- What are some of the ways Proverb 15 suggest we can get more joy?
- What does Romans 5 says we have to rejoice about?
- Why does Paul feel so much joy about in Phil 1?
- What should our attitude be and how can we maintain joy in our lives as suggest in Phil 4

Explore – Express

Create a skit around Phil 4: 4-20 that you can record and upload to Youtube. Try to use parallels to a modern situation to what Paul is trying to get across here about being joyful, and some of the things that he links to his experience of Joy.

Why is Paul so excited about what he writes in Philippians 4? Is it really worth that much joy?

You might also want to discuss:

- What do you actually think of the list of joy bringers in Proverbs?
- Also what do you think of Paul's tips for always being joyful?
- How realistic are they and how easy at they to put into action?

Explore – Integrate

- How will I take time out this week to enjoy joy with God?
- How will I make time this week extra to share joy with a friend?
- What is one aspect of my life or myself that currently bugs me, that I can be more content about (and leave it up to God to deal with) to experience more of God' joy in my life?

Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need, or to work together on any shared projects you may have.

Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice!

Let your gentleness be evident to all. The Lord is near.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.