



Restore My Joy | Shawn Johnson | 6.20.21  
Weekly Study

S T A R T

To get things started, go around the circle and answer the following question:

**If you could bring back any fashion trend, what would it be?**

S H A R E

Welcome to Yard Sale! This summer, we are switching it up; like a yard sale, you never know what topic you are going to get each week. This week, Shawn talked to us about joy, which is something we all need more of. So, before we dive into the sermon, take some time to check in with your Group by answering these questions.

**What is one word you would use to describe your week? Why did you choose that word?**

**What was the most challenging part of your week?**

**What was the highlight of your week?**

G R O W

**John 15:5-11**

**What do you know about the context of John 15?**

### **What verse stuck out to you from this passage?**

In this passage, Jesus gives his disciples a final charge the night before heading to the cross. During the conversation, he reminds them about the importance of joy. He says, "I have told you this so that my joy may be in you and that your joy may be complete" (John 15:11).

So how do we restore our joy? Did you notice the word Jesus used over and over again in the passage you just read? In seven verses, Jesus used the word "remain" seven times. The key to finding joy is not changing our circumstances or chasing an emotion; the key to finding joy is pursuing a relationship with Jesus. According to Galatians 5, joy is a fruit of the Holy Spirit working in your life. In other words, if you remain close to Jesus, joy will be a natural result.

As Shawn reminded us this week, "We need to stop looking for joy and start looking for Jesus!"

**Would you consider yourself a joyful person? Why or why not?**

**When is the last time you remember being full of joy? What were you doing? Who were you with?**

M O V E

### **Read Philippians 1:1-18**

This week, Shawn got practical and gave us three ways to let God restore our joy:

1. Remain in Him
2. Be thankful
3. Live on Mission

**Which of those three action steps comes most naturally to you? Why do you think that is?**

**Which of those three action steps is the most difficult for you? What is one way you can get better at that step this week?**

### **Remain in Him**

Life is busy. It can be challenging to take time out of our day to pray and read our Bible. But there is a direct correlation between the amount of time we spend with God and the amount of joy we experience. If your life is really busy, you may have to put it on your calendar. It's just like working out; good intentions won't bring results. You actually have to put the work in.

Take out your calendar right now and schedule one 15-minute segment in your week where you are going to stop and pray.

### **Be Thankful**

When it comes to fighting for joy, gratitude is one of the strongest weapons we have. When we start listing off all the things that we are thankful for, it changes everything. Try it this week! Stop and make a list of five things you are thankful for:

- 1.
- 2.
- 3.
- 4.
- 5.

Tell God why you are so thankful for those things, and then call a friend and share that list with them!

### **Live on Mission**

As a church, we exist to make heaven more crowded. That is true for you and your personal life, but it is also true for you as an individual. What does it look like for you to live on mission this week? Who is one person you can reach out to in order to encourage and love? How can your Group hold you accountable to make sure you follow through?

## P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

## T O G O

*Therefore, there is now no condemnation for those who are in Christ Jesus*

- Romans 8:1