

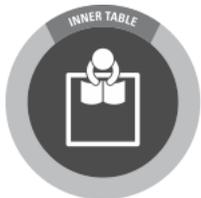
# Sermon Notes

Inside Out: Joy  
December 30, 2018

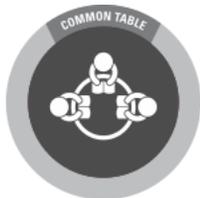


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Inside Out: Joy  
December 30, 2018



*Seeking God*  
in Solitude



*Finding God*  
in Friendship



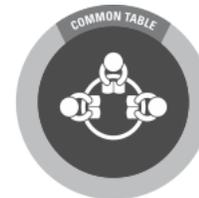
*Celebrating God*  
in Community



*Reflecting God*  
in Relationships



*Seeking God*  
in Solitude



*Finding God*  
in Friendship



*Celebrating God*  
in Community



*Reflecting God*  
in Relationships

## Reflection Questions *(please use these individually or in groups)*

### Sermon Questions:

1. Who or what has been trying to come between you and joy lately?
2. Have you been running away from a person or circumstance that needs the light of joy?
3. How does your joy overflow into generosity toward others?
4. Ask God to increase your joy in 2019, that it might be contagious and you might have more opportunities to share the hope of salvation in Jesus with others.

### Additional Questions:

1. When you find yourself the dark times of life, feeling chained or imprisoned, which of God's character traits bring you the most comfort?
2. What kinds of evangelism "strategies" have you tried? Were they effective? If so, how? If not, why do you think they weren't?

## Devotional Reading & Inward Reflection

- **Psalm 94:18-19** | Think of a time when you felt like this passage describes. How did the Lord console you during great anxiety?
- **James 1:2-4** | Have you ever considered a trial a "joy?" How does this passage help us look joyfully at trials and testing?
- **Ecclesiastes 9:7** | What kind of "simple things" in life bring you the most joy?
- **Romans 15:13** | Why does God want to fill us with joy?

## Self-Care Disciplines *(Excerpts from Celebration of Discipline)*

### December Discipline: Study | Reflection (p.66)

Study is a specific kind of experience in which through careful attention to reality the mind is enabled to move in a certain direction. The mind will always take on an order conforming to the order upon which it concentrates. Perhaps we observe a tree or read a book. We see it, feel it, understand it, draw conclusions from it. And as we do, our thought processes take on an order conforming to the order in the tree or book. When this is done with concentration, perception and repetition, ingrained habits of thought are formed.

Study involves four steps. Repetition, concentration, comprehension, reflection. It soon becomes obvious that study demands one more step: humility. Study simply cannot happen until we are willing to be subject to the subject matter. We must submit to the system. We must come as a student, not a teacher. Not only is study directly dependent upon humility, but it is conducive to it. Arrogance and a teachable spirit are mutually exclusive.

We will use the story of Jesus' birth in Luke 2 as a case study. As you read through Luke 2:8-20 this week, try to recall what you once didn't know about this passage. How has this new discovery shaped you for the better?

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