



Week 3: Joy

Christmas often exposes our longing more than it delivers our happiness. Even while we participate in traditions and celebrations, our hearts can carry grief, disappointment, stress, and unmet expectations. True joy isn't found in what we receive, achieve, or arrange—it comes from who God sent: His one and only Son.. Joy is not an emotion we feel but a disposition rooted in the good news of Jesus..

Discussion Questions:

1. Think about a recent (or distant) Christmas moment in your family when expectations clashed with reality? How did that impact your experience?
2. Why do you think Christmas can amplify grief, loneliness, or disappointment for some people? Is there a part of the Christmas season that hits differently for you because of loss or unmet expectations?
3. How have you seen the difference between happiness (circumstantial) and joy (rooted in Christ) in your own life?
4. **Read James 1:2–4.** James is telling us to *choose* joy. How is that possible during trials? How have trials shaped you, deepened you, or shown you something about God?
5. Jesus endured agony with joy because of purpose. What purpose or redemption might God be forming in you right now?
6. What is one practical shift you can make this Christmas to choose joy rather than chase happiness?