

# **PART 2:**

# **JOY AT FULL**

# **APPRECIATION**

full  
of  
joy

## **ICE BREAKER QUESTION**

**What's one thing you're the most thankful for?**

## **TODAY'S BIG QUESTION**

**How do you find joy when you're having a bad day?**

## **THE VERSE**

**John 15:10–11 ESV**  
“If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.”

## **QUESTIONS & DISCUSSION**

1. What stood out to you the most from the message? What's one thing you learned?
2. What's your answer to today's big question?
3. Read John 15:10–11 ESV. What do you think keeping God's commandments has to do with being joyful?
4. If you were going to write one thing you're grateful for that's already happened today, what would it be?
5. Why is it important to find things to be grateful for each day? And what does it have to do with joy?
6. Who can you talk to when you're trying to be grateful and live a life of joy, but you're still struggling to find that joy?

**Pray Together**

## **NOTES**

**Make sure to check out the YouVersion Bible Plan associated with this series,**

**Search: Full of Joy**

**CHALLENGE**  
**Start a gratitude journal**

**INSIDE OUT**