

THANK YOU  
FOR JOINING US TODAY!

**UPCOMING EVENTS:**

**PARENTING CONFERENCE**

**Friday Night September 7th from 6-8pm  
and Saturday September 8th from 9am-12pm.**

Four principles that can radically change the way  
you raise your children by Paul Tripp.

Childcare: Is available on the church property with RSVP only.

Cost: \$20 per family.

Learn more at [ourelement.org/parentingconference](http://ourelement.org/parentingconference)

**BAPTISMS**

**Celebration: September 30th at 1pm**

Interested in getting baptized? Come to one of our

**short informational meetings:**

**TODAY and Next Sunday following each service in the office.**

**JOIN OUR WEEKLY EMAIL**

**Stay up to date in your inbox!**

Sign up at [ourelement.org](http://ourelement.org) or email  
[connect@ourelement.org](mailto:connect@ourelement.org) and say, "Join mailing list"



**A JOYFUL LIFE**

**Today's Verses:**

Psalm 68:3  
Hebrews 12:2  
Mark 2:16  
Psalm 68:3  
Nehemiah 8:10  
Psalm 16:11  
Psalm 37:4  
Romans 1:25

Colossians 3:5  
Titus 3:3-7  
Hebrews 12:2  
John 8:32  
Galatians 5:1  
John 17:13  
Galatians 5:13  
1 Peter 2:16  
Proverbs 30:12

Colossians 2:20-23  
Ephesians 5:1  
1 Corinthians 11:1  
Hebrews 4:15  
Matthew 11:19  
Titus 1:15  
1 Corinthians 10:31  
Philippians 4:11-13



**ELEMENT**  
christian church

[www.ourelement.org/proverbs](http://www.ourelement.org/proverbs)

# A JOYFUL LIFE

Do you feel wise? You should, because this week we finished the book of Proverbs. Proverbs is a non-linear book designed to teach us how to live in the freedom of Christ. This week we took a look at joy, which is a state of being where we can trust God and his character regardless of our life circumstance. To understand joy, we looked at Saint Patrick's life and used Scripture to give us a theology of joy.

Joy comes from understanding God's character and entering into relationship with Him; it is knowing that all in life will not be enough unless we turn to Him for our identity, meaning, and satisfaction.

There are many reasons we should be joyful people, the first is that God Himself is joyful, and (2) God made His people to enjoy Him and the life He gives us. This idea is called Christian Hedonism - God wanted us to be joyful and he knows that He is the source of all lasting joy. Often times however, we attempt to find joy through created things **Romans 1:25 says, "They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.**

C.S. Lewis speaks about this exchange and stated, *"It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."*

The idea is that once we understand how wicked we are and how good God is, our heart changes. Scripture actually goes so far as to say we will have a new heart. This means the deeper our appreciation for the character of God, the more our desires change and the more our heart longs for closeness with Him.

## Introduction

God wants us to enjoy Him... and through enjoyment of Him enjoy life. One of the best ways we as a people can be missional is by being people that find joy in life. Knowing who God is, and being satisfied with just that, is the only way to stop sinning; it is the love of God that changes our hearts.

## Discussion

Who is the happiest person you know?

What do you think makes them happy?

## Explanation

What is your understanding of joy/ happiness? Is there a difference?

Why do you think we should be joyful people?

## Application – Read Psalm 16:11, Psalm 107:9, John 6:35

Where have you found yourself far too easily pleased?

Do you believe that God can change your desires?

Do you believe God is the source of your highest satisfaction? Or do you believe fulfillment can be found in something outside of God?

## Mission

Has there been a time in your life when you have enjoyed God? Please explain.

How can true joy be a witness to those around us?

## Homework – Read the Introduction to The Reason for God

### Discussion Key

Red – Easy level, not much intimacy, Blue – Intended to dig a bit deeper

Black – Designed to create deeper conversation