**Sharing Joy**

Think back to this past week. What feeling(s) dominated in your heart?

Try to explain why.

You may have read the saying: "Today I choose joy!"  What are your thoughts on this? Can you choose joy? Explain!

**Read John 15:9-17.** Jesus wants us to be filled with joy so that there is no room for any other emotion (v.11). What does Jesus say in this text about how to receive and maintain this kind of joy?

The underlying feeling of joy is delight. What does it mean to delight in something or someone?

Paul says in **Philippians 4:4**: *"Rejoice in the Lord always. And again I say, rejoice!”* What needs to be the object of your delight in order to rejoice in the Lord?

List practical ways how you can share joy this week.