



I Declare

Week 6: Today, I Choose Joy

CCV Groups Discussion Guide

OPENING QUESTION:

Finish this sentence – “It would make me so happy if ____.”

GROUPS VIDEO GUIDE

READ:

[Philippians 4:4–9](#)

DISCUSS:

- How would the Bible define happiness differently than society?
- From Philippians 4, come up with a list of specific actions that would lead to greater happiness.
- For you, what would increase **your** happiness the most? (a) Showing Gratitude, (b) Forgiving someone, (c) Accepting or increasing your awareness of God’s grace.
- Joy, Grace, Forgiveness, and Gratitude all come from the same Greek root. What do you see as the connection between joy and grace, joy and forgiveness, and joy and gratitude?
- Where is a place in your life where you are struggling to find contentment/joy? What can you do this week to lead you to joy?

PRAYER:

Have someone read the following Psalm out loud as a closing prayer:

“I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them. Taste and see that the Lord is good; blessed is the one who takes refuge in him. Fear the Lord, you his holy people, for those

who fear him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing.” ([Psalm 34:1–10](#)) Amen.

BTW, read the title header of Psalm 34 now: “Of David, When he changed his behavior before Abimelech, so that he drove him out, and he went away.” ([1 Sam 21:13](#)) Happiness is a choice, not dependent on your circumstances!

SCRIPTURES:

Philippians 4:4, “Rejoice in the Lord always; again I will say, rejoice.”

Philippians 4:11–13, “Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”

Psalm 37:4, “Delight yourself in the Lord, and he will give you the desires of your heart.”

Romans 15:13, “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

Romans 12:12, “Rejoice in hope, be patient in tribulation, be constant in prayer.”

James 1:2–4, “Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”

Matthew 5:12, “Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way.”

Psalm 16:11, “You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”

John 16:24, “Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.”

Galatians 5:22–23, “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.”

Proverbs 17:22, “A joyful heart is good medicine, but a crushed spirit dries up the bones.”

John 15:11, “These things I have spoken to you, that my joy may be in you, and that your joy may be full.”

Psalm 118:24, “This is the day that the Lord has made; let us rejoice and be glad in it.”

1 Peter 1:8, “Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory,”

Nehemiah 8:10, “Then he said to them, ‘Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the Lord is your strength.’ ”

Proverbs 10:28, “The hope of the righteous brings joy, but the expectation of the wicked will perish.”

Psalm 5:11, “But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you.”

Ecclesiastes 3:12, “I perceived that there is nothing better for them than to be joyful and to do good as long as they live.”

Isaiah 12:3, “With joy you will draw water from the wells of salvation.”

Romans 5:2, “Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.”

1 Peter 4:13, “But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.”

Psalm 68:3, “But the righteous shall be glad; they shall exult before God; they shall be jubilant with joy!”

Psalm 30:5, “For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.”