



‘The Quest for Joy’

Luke 2:10

Pure Joy: Video Illustration

<https://www.youtube.com/watch?v=gnEnhmrOHwk>

- What does 'pure joy' look like?



What is Joy?

- **Definition: 'To be exceedingly glad'**
- **True joy is everlasting and not dependent upon circumstances.**

Difference between 'Happiness' & 'Joy':

- **Happiness:**
It tends to be fleeting and depends upon temporal factors like circumstances or other people.
- **Joy:** True joy is everlasting and not dependent upon circumstances.

The Angel tells the shepherds three things about Jesus:

- I. ‘Don’t be Afraid of Him’.
- But the angel said to them, “Do not be afraid. I bring you good news that will cause great joy for all the people.

II. ‘Jesus brings Joy’.

- “But the angel said to them, “Do not be afraid. I bring you good news that will cause great joy for all the people.”
- The word “joy” Greek root, ‘chara’ and means “to be exceedingly glad.”

3. III. ‘The Good news and great joy is for everybody’.

- But the angel said to them, “Do not be afraid. I bring you good news that will cause great joy for all the people.”
- Three ‘Joy- Slayers’ of the Christmas season:
 - 1. Gifts
 - 2. Expectations
 - 3. ‘Busy-ness’

“5 Ways for Finding More Joy at Christmas”

- **“Lower expectations of others”**
- **“Increase your investment in others”**
- **“Examine your life and address the persistent issues”**
- **“Change your perspective”**
- **“Set your eyes on the prize”**

Reflection Questions:

1. What brings joy into your life?
2. How can you regain that joy this Christmas season?
3. Do you see God as being all-sufficient for your life?
4. 'God has been merciful & gracious' to you, how are you called to 'pay it forward' this Christmas?