Message Notes:

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Seabreeze CCLI#105966
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Rejoice: The Power to Bounce Higher **May 29, 2022**

1. **Jesus: _____.**
   John 15:11, John 16:24, Hebrews 11:2

   Jesus offers _____.

2. **David: _____.**
   Psalm 51:1-2, 7-12

   Why Joy? _____.

   What kind of Joy? _____.

3. **Paul: _____.**
   Ephesians 2:1-9

Growth Group Homework – May 29, 2022

Warm-Up

1. Biblical joy is *delight and satisfaction caused by understanding God's kindness and commitment.* On a scale of 1-10 (1 being low, 10 being high), how would you rank your joy?

Talk it Over

2. Summarize your top takeaways from the message.

3. Read through the following passages and make a list of some of the circumstances being experienced.

   Matthew 5:11-12

   2 Corinthians 8:1-2

   1 Thessalonians 1:6

   Hebrews 10:32-34

   James 1:2-3

   Question: What were the people in these passages aware of that helped them to experience true joy?

   Question: What are some of the common things we look to for joy?

   Question: Unless our inner compasses are set toward the true joy that only God offers, we can be led off course pursuing things of the world that offer lesser joy. Adam called this the essence of sin and shared about a personal struggle. Talk about a time when you have experienced this. How did the rewards of the lesser joy measure up? What steps did you take to get back on course?

4. Read Ephesians 2:1-10 and reflect on God's rescue of you.

   Question: What are some specific things God has done in your life to meet you at your lowest?

Take It Home

5. What are some practices and habits that can help you remember God's miraculous rescue of you?