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Week 6 / Unquenchable Joy / Romans 14:17

Galatians 5:22-23 & Acts 13:52

ICEBREAKER

What's something simple that brings you joy — a song, hobby, or small ritual?

OR

Who in your life models unshakable joy, even in hard times? What stands out about them?

SUPPLEMENTAL VIDEO

Scan the QR code found on the right side of the back of your Host Resources Card in your small group kit. Watch or listen to the video as a group, prior to starting the rest of your discussion.

INTRODUCTION

Joy is one of the clearest signs of the Holy Spirit's presence — not the surface kind that depends on circumstances, but deep, enduring joy rooted in God Himself. The Spirit gives a joy that hardship cannot quench and suffering cannot steal.

What stood out to you from this week's message?

INTO THE WORD

Read Romans 14:17; 1 Thessalonians 1:6; Acts 13:52.

What do these verses teach about the connection between the Holy Spirit and joy?

Host Guidance: Joy is a defining mark of God’s kingdom. The Spirit produces a joy that transcends situations — it’s a gift, not a feeling we manufacture. Ask group members to describe a time they sensed God’s joy in difficulty.

Read John 15:11; Acts 16:25-31; 2 Corinthians 6:10; Romans 5:3-5.

How does the Spirit give joy even in suffering or loss?

Host Guidance: The early church discovered that joy and hardship can coexist because their strength came from the Spirit, not their circumstances. True joy flows from knowing Christ is with us—right in the middle of pain, pressure, and uncertainty. The Spirit doesn’t remove hardship but fills it with purpose e.g., building endurance, character, and hope. When we yield to Him, joy becomes an anchor—steady, deep, and unshakable, even when life isn’t easy.

Invite your group to picture Paul and Silas in Acts 16—beaten, chained, yet praying and singing hymns. Their joy wasn’t denial; it was dependence. The Spirit produced something in them the world couldn’t take away.

Encourage honest reflection about current struggles. Ask: Where have you experienced joy that made no sense apart from God’s presence? How might the Spirit be using pressure or pain to deepen endurance or hope?

Read Nehemiah 8:10; Romans 15:13; Philippians 4:4.

How does joy strengthen and sustain us? What practices help you stay rooted in Spirit-given joy?

Host Guidance: Joy is not denial — it’s strength for the battle. The Spirit renews our hearts with hope and gratitude. Encourage practices like worship, thanksgiving, or journaling to cultivate joy even in busy or stressful seasons.

E M B R A C E A N D E M B O D Y

(Essentials: Seek God Daily and Live Generously)

Spirit-filled joy changes how we live — it overflows into gratitude, generosity, and worship.

Reflect as a group:

- What steals your joy most easily?
- How can joy become your strength this week?
- What would it look like to share joy generously with someone else?

Action Step

Each day this week, write down one way you've seen God's goodness. At the end of the week, thank Him for the joy He's producing in you.

GROUP PRAYER PRACTICE: GRATITUDE REFLECTION

- Read Romans 15:13 aloud.
- Sit quietly and reflect on one reason for joy or gratitude this week.
- Invite group members to share briefly, then close in a time of thanksgiving.

CLOSING PRAYER

Holy Spirit, thank You for filling us with unshakable joy. Teach us to rejoice in every season and let our joy be a light that points others to You. In Jesus' name, Amen.

ANNOUNCEMENTS

- Post your weekly group pictures in your campus Facebook group for a chance to win a pizza party for your group!