

# #4 | A Joyful Heart Is Good Medicine



Series: Joy That Works

*Life is filled with junk that threatens to steal our joy. The only antidote to this is a joyful heart.*

## Key Points

1. Complaining replaces joy with a \_\_\_\_\_.  
([James 5:9](#); [Jude 1:16](#).)
2. Envy replaces joy with \_\_\_\_\_. ([James 3:14-16](#).)
3. Selfishness replaces joy with \_\_\_\_\_. ([Acts 20:35](#).)

## Talk About It

1. *What is your initial reaction to this topic? What jumped out at you?*
2. *If we were to ask your family and friends, would they describe you as a joyful person? If not, what prevents you from being joyful?*
3. *This topic listed three toxins that prevent joy. List other toxins in life that rob a person of joy. Do you see any of these in your life?*
4. *Read [Proverbs 17:22](#). What are the signs of a crushed spirit? Describe a time when you've experienced that in your life.*
5. *What does it look like to have a "joyful heart"? How is this joy connected to a relationship with God?*
6. *Read [James 5:9](#). What does this passage teach us about God's attitude toward a complaining person? How do you know if you're committing the sin of complaining?*
7. *Read [James 3:14-16](#). What is envy? What are some signs of envy in a person's life? How does envy harm relationships?*
8. *Describe selfish ambition. How does selfish ambition get in the way of following God?*
9. *What can you do to help ensure that you have a joyful heart each day?*
10. *Write a personal action step based on this conversation.*

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