



## Discussion and Devotional Guide - John 16:16-24

*This resource can be used to guide your personal anchoring time throughout the week, a small group discussion, or even a one-on-one conversation.*

### **READ**

Begin by reading John 16:16-24.

- As you read, note how Jesus helps us understand joy and pain.
- Reflect on times when you have felt hopeless or joyless. What causes that pain?
- What questions do you have after reading these verses?

### **REFLECT**

**WHAT STEALS OUR JOY** *Reread John 16:16-22.* Pain is inevitable in this world. We know that in this life there will be struggles, but Jesus tells us that no one can take away our joy when we are in Christ. There are a lot of things in the world that try to steal our joy. Read this list aloud.

#### Joy Thieves

**Pride & Entitlement  
Judgmentalism**

**Anger  
Grumbling & Complaining**

**Fear & Worry  
Fatigue**

- Where do these joy thieves come from? How does the world fuel these joy thieves?
- Have you found that you are prone to one of these joy thieves in particular?
- When you experience one of these joy thieves in your life, how does that impact the way you feel and how you interact with those around you?

**THE ROOT OF TRUE, COMPLETE JOY** *Reread John 16:23-24 and John 16:33.* Jesus tells us that he brings about true, complete joy. It is joy that the world cannot take from you because it did not give it to you.

- How does anchoring ourselves in Jesus, praying for His will to be done, bring us joy that is true and complete? In what ways does it fight against joy thieves?
- How does the resurrection of Jesus bring us perpetual joy, perfect peace, and permanent victory? Today, if you are feeling joyless or hopeless, check your anchor so that you can experience the peace, joy and victory through our Risen Savior.

### **PRAY**

Begin your time of prayer by reading Psalm 130:7-8. Read it slowly.

Now, use these verses to guide your prayer. To get you started...

**FOCUS** on the hope and joy that comes from God's unfailing love.

**THANK** Jesus for redeeming you from your sin.

**CONFESS** where you have allowed the world to steal your joy.

**ASK** God to fill you with lasting joy that is anchored in hope through Jesus.

**\*Keep going this week by reading these scriptures:**

James 1:2-18

1 Thessalonians 1:2-3

Hebrews 10:23

Ephesians 6:10-20

