

# Exploring a joyful life

Having a joyful attitude.



Cults Connections

WORSHIP, DISCUSSION,  
FELLOWSHIP, BIBLE STUDY...  
WHATEVER YOU WANT IT TO BE!

A NEW WAY OF  
BEING CHURCH  
TOGETHER OR AT HOME





# Finding joy

*Psalm 16 & Luke 10:21-22*

This session looks at Psalm 16., a song of David. Psalm 16 recognises the reality that for some people the dice have rolled in their favour—they have landed well. Too often this is recognised as because of the favour of God. Societal understanding, both today and throughout history, often views wealth, authority and power, and privilege, as possessions or status that marks a person deserving or special. The follow-on of course is that others, for whatever reason, are less deserving, less special, or have brought on their position through their own actions or lack thereof. This is what we will explore in more depth.

## *Encounter*



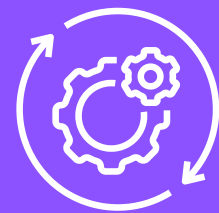
A short worship service for the session will be available on our YouTube Channel. You can find the channel here: <https://www.youtube.com/@cultsparishchurch>

## *Talk about it*



1. Do we have a right to joy?
2. How is our joy connected to others?
3. How much is joy bound up with wealth?
4. Where are there broader examples of joy?

## *Get Real!*



Watch the news or read a news paper. Can you find any joy in the stories featured? If not, think about what stories you might want to see covered.

## *Go deep...*



Create a still atmosphere. You could light a candle and play some music that makes you joyful. .  
Read Psalm 16 again and make it your prayer.

Jesus was filled with joy by the Holy Spirit and said, “Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. .Luke 10:21

*Exploring a joyful life*



# Living joyfully

*John 4: 7-15, 28-30.*

In this session we explore the story of the Samaritan woman that met Jesus at the well. The woman's life was transformed in that brief encounter. You might say she was moved from sorrow into joy. A life of exclusion was changed into one of acceptance. Jesus promised "Those who drink this water will get thirsty again, but those who drink the water that I will give them will never be thirsty again. The water that I will give them will become in them a spring which will provide them with life-giving water and give them eternal life." We will explore what it means to life joyfully as the Samaritan woman is freed to do.

## *Encounter*



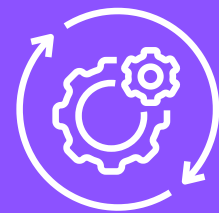
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## *Talk about it*



1. How can we encourage and inspire others to experience joy in their lives?
2. What are the obstacles which hold you back from living joyfully?
3. What are the ways that we can stifle Joy in others? eg criticism, selfishness, ingratitude..

## *Get Real!*



Identify your strong points and your skills and talents. Think of a practical way that you can use them to bring joy to others.

## *Go deep...*



Create a still atmosphere, you could light a candle or play some music, and in a personal prayer thank God for the opportunity to use the gifts he has given you and ask for His continued guidance in the future.

Jesus said " I have told you this so that my joy may be in you and that your joy may be complete " John 15 verse 11.

*Exploring a joyful life*

faith



# Conclusion

faith

We hope this resource has been helpful. Please do let us know how it worked for you. This is a fairly new venture for us and any feedback we receive will help us in planning for the future.

A reminder that we worship on a Sunday morning at 10:30am in our Sanctuary at Quarry Road, Cults, AB15 9TD and online on our YouTube Channel <https://www.youtube.com/@cultsparishchurch>

For more information about our congregation please visit our website:  
[www.cultsparishchurch.co.uk](http://www.cultsparishchurch.co.uk)

Our minister, the Rev Shuna Dicks, can be contacted at  
[sdicks@churchofscotland.org.uk](mailto:sdicks@churchofscotland.org.uk)

