

## How to Find Joy

### Word

#### Scripture Reference

Luke 1:46-55

#### Discussion Questions

1. What makes you really happy? Why?
2. People usually equate happiness with having things that they want, like a fancy car, an expensive piece of gadget, or a lot of money. But someone once said, “Money will buy you a bed, but not sleep; it will buy you books, but not brains; food, but not appetite; a house, but not a home; medicine, but not health; amusement, but not happiness.” Money can even buy you a crucifix, but not a Savior. Read Luke 1:46-55 and learn from someone who found joy in the right place. This passage is referred to as Mary’s Magnificat, a song that magnifies God. It came after the angel Gabriel announced that Mary would give birth to the Savior. What different characters of God did Mary mention in her song (v. 46, 47, 49)? From her response to God, what kind of a person do you think Mary was?
3. In her response to the particular news given to her, Mary poured out what’s in her heart. “My soul glorifies the Lord, and my spirit rejoices in God my Savior” she says (v. 46-47). From her song we can learn three ways to find joy in God.
  - a. **Be filled with the Word of God.** When Mary broke out in praise, the words that came to her lips were words of Scripture from Psalms, Job, Samuel, etc. At her young age, Mary was already familiar with the Scriptures. What do you usually fill your life with? How do you fill your life with God’s Word? Share how you get to understand the Word of God and use it as a living source of strength in your life.

- b. **Be overwhelmed with the Son of God (v. 46-47).** The very thought of Jesus our Savior should make our spirits rejoice and jump for joy as it did to Mary. Share what it is about Jesus Christ that you are thankful for. How do you glorify Jesus in your life? What ways and means have you used to tell others about your experiences with Him?
- c. **Be grateful for the grace of God.** Mary says in verse 48, “For He has been mindful of the humble state of His servant.” Mary was speaking of God’s grace. The words “humble state” means emptiness or nothingness. Mary was aware of her spiritual poverty before God. How are you spiritually bankrupt before God? What is God’s grace? Because of His grace, how did God take pity on your condition? Is there any dirt or sin that is too wicked for God to forgive?

### Walk

In her song of praise and adoration, Mary shows us where we can find true joy. May you desire a life that is filled with the Word of God, a heart that is overwhelmed with the Son of God, and a soul that is deeply grateful of the Grace of God. Do you have that joy in God? How can you give glory to the Lord and rejoice in your Savior on a daily basis?

### Worship & Prayer

*Heavenly Father, thank you for Your desire for me to find real joy in life. I acknowledge that many times, I look for material things and temporal pursuit to find happiness and fulfillment, but it is really only in You that I can find real joy in life. May you help me to dig into your Word deeper and apply it in my life. May you help me to never stop being amazed with what my Lord Jesus has done for me on the cross. May you help me to always be grateful of Your grace. Thank You for reaching Your hand out to me so that I can be acceptable to You and have joy in my life. In Jesus’ name. Amen.*