



### **Joy Came Down, Pt. 3: Mary's Little Secret**

When life is chaotic and disruptive changes come your way, is it possible to have joy? When circumstances deflate you bringing frustrations and disappointments, how can you experience joy? Mary, the mother of Jesus, has a secret that can help anyone experience joy in spite of their circumstances.

**Bottom Line:** What you choose to focus upon leads you towards or away from joy.

#### **Discussion Questions:**

1. What is a recent change that you have experienced that has knocked you off rhythm? What the hardest part of change for you?
2. What kinds of thoughts or situations occupy your focus?
3. In Luke 1 & 2, we are introduced to Mary who would become the mother of Jesus. What are some of the challenges Mary faced that were mentioned in the message this week?
4. In **Luke 1:46-47** we learn of the inner joy that Mary had, even as a teenage girl. After some life-altering changes and challenges, **Luke 2:19** records her approach to finding joy. Twelve years later, in **Luke 2:51** she is still following this practice. What was it that she did to find joy in the middle of trying times?
5. When challenges, changes, or frustrations come your way, what do you naturally focus upon?
6. How often have/do you follow Mary's approach to finding and maintaining joy? What does/would it look like for you?
7. **Read Philippians 4:8.** Why is applying this verse difficult? What are some practical ways that we can refocus our thoughts and focus?
8. What was the most challenging idea/thought to you from the message?
9. What was the most helpful/encouraging thought or idea from the message this week? How did it help you?
10. How can the group encourage you this week?