

1. Nominate group members to read one of the following passages to the group. John 17:11-13, 1 John 1:3-4, 2 John 1:12, 3 John 1:4.
  - a. Why is joy so important to Jesus?
  - b. How does joy impact a community of people, particular those who are trying to follow Jesus?
  - c. "Joy Robbers" are things, people, or circumstances that try to take away or block joy in our life. What are a few joy robbers in your life? Why are you susceptible to them?
2. Joy is one of the main themes in the book of Philippians. Paul, the author, writes about how to live and experience joy within our everyday lives. Read Philippians 2:2 & 4:1-9 (in the AMP version).
  - a. What evidence or elements of joy do you see described in these passages?
  - b. Where have you seen or experienced overflowing joy before?
  - c. As your group begins this new season, how might you build joy with or enjoy one another?
3. Based on these passages, what could Biblical joy look like in your everyday life?

#### WITH PRACTICE:

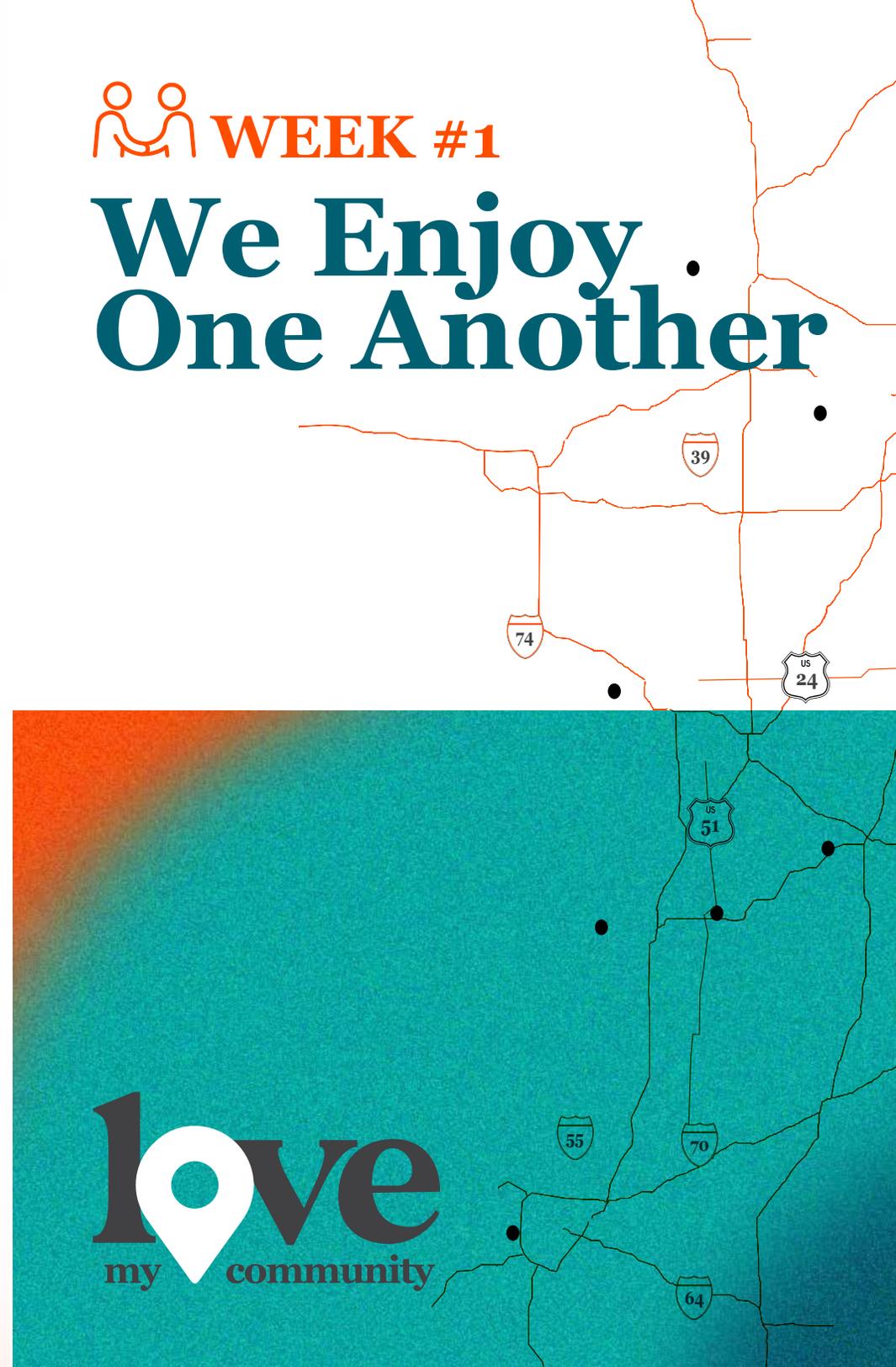
4. The first step in living in community and on mission is remembering that, *we are people who enjoy one another*. A transforming community notices and celebrates "gratitudinal" moments. These moments, however small or big, shift us into a life of thankfulness. Author Jim Wilder reminds us that, "Gratitude is the first step to building joy into our lives and helps us experience a more consistent attachment (connection) with God and with one another."
  - a. Take a couple of minutes to reflect upon the last two days. What are 3 things you are or could be thankful for? Share one of those with the group.
  - b. For the next week, set aside 5-10 minutes per day. Try to do this at the same time each day. During that time, write down 3 things you are thankful for. Keep that list as a "Gratitude Journal" and bring it to your next group gathering.
5. **\*Bonus Practice\*** If you are a group that has been together for a while. Nominate one person and then have everyone else share something they are thankful for that person.
6. **\*\*Double Bonus Practice\*\*** You could do either or both of these practices at the beginning of every group gathering as a way to build joy with one another.
7. Close your group gathering in a time of prayer. You may want to read Romans 15:13 as a blessing prayer.

#### For Further Reflection . . .

- [Watch the Bible Project Video - Joy](#)
- Read through the entire book of Philippians. Take note of joy and how it is described and demonstrated through the book.
- Study what the word joy really means in the following passages: *Numbers 6:25, Psalms 4:6-8, 31:16, 80:3,7,19, Daniel 9:17*

 WEEK #1

# We Enjoy One Another



# Leader's Corner

Welcome! If this is your first time leading, we are so grateful you have stepped up to the challenge. Know that we are 100% behind you in prayer and tangible support. If you are a current leader, thank you for helping your group kick off for this season. We are confident this resource will help all of us catch the vision of "Love My Community." We desire for everyone at Eastview to be in community and on mission.

To that end, each week we will highlight the Main Idea, Practice, and Teaching we hope your group spends time studying and applying. Be sure to leave time to do the "with Practice" prompt. That will help solidify each week's teaching.

**Main Idea:** We are people who enjoy one another.

**Main Practice:** Gratitude for the everyday moments of life.

**Main Teaching:** John 17:13 - Joy is foundational for living in community and on mission.

One of the main goals for Love My Community is for every group to define their mission. This is your area of service you will focus on this season. We hope you were able to catch the Serve Expo in person at one of our campuses this week and define your mission.

If your group still needs help with defining a mission, please contact the small group staff ([smallgroups@eastview.church](mailto:smallgroups@eastview.church))

You can also utilize the serving options found at [www.eastview.church/lmc](http://www.eastview.church/lmc). There are a number of opportunities still available.

Please, make sure that everyone in the group knows where and when you are gathering this week. Here's to a great first week of this study!

## As We Begin . . .

Have everyone close their eyes and take a few deep slow breaths. Then read this aloud to the group, "Picture in your mind someone that brings a smile to your face. Imagine they have just walked into our gathering place, and you are going to great them."

Who did you picture?

What were you feeling or experiencing when you pictured that person?

What is it about them that brings a smile to your face?

## Love My Community . . .

### WITH PRAYER:

Have someone pray the following prayer of gathering:

*"Thank you that we are all able to gather together in this particular place and in this particular time. Jesus will you accomplish your purposes among us? You know our hearts and our needs so help us to be fully present with one another. If we are joy filled, help us find grace to enter the sorrows of others. If we are sorrowful, help us find grace to embrace the joys of others. Grant us space to learn more about you and each other. AMEN."*

*(Adapted from Every Moment Holy - McKelvey)*

### WITH PRINCIPLE:

*"Therefore, encourage and comfort one another and build up one another, just as you are doing."*

*1 Thessalonians 5:11 AMP*

There are some innate, core longings that have been hardwired into each of us. Longings, that when experienced in healthy ways, ignite us to move us toward who we are really created to be. Longings, that when explored in unhealthy ways, leave us physically broken, mentally exhausted, spiritually confused, and emotionally fried. And yet, these longings are still there shedding light on the ultimate truth, that *Jesus satisfies all of them*. It seems these days many of us are on a journey, trying to find ways for all these longings to be fulfilled. And many of us are trekking this journey alone, without allowing others to help us along the way. What's really exasperating is that we know deep down that life is best lived within the context of other people, and yet we resist knowing and being fully known by others. So, *how can we really live in community?*

At the same time, we are being challenged to catch the vision and mission of Eastview. As a "fearless church of Christ followers whose ridiculous love and dangerous witness are irresistible," we are now being asked to put this into action in our everyday lives. The hope is that we reorient our lives so that any mundane moment could become a holy, ordained encounter that moves someone around us closer to Jesus. So, *how can we really live on mission?*

If we are going to embrace the mission of "Love My Community", it seems important to focus in on who we are as people who live in community all while we figure out how to live on mission. This, however, is a tricky thing and takes some focus and refocusing. Author Jeff Vanderstelt implies that, "You do who you are. Being precedes doing." In order to live our everyday lives with a purpose and mission, it is imperative we refocus on who we truly are as a group of people that love Jesus. So, we are going to be reminded of who we are and then put it into practice.

What follows are seven character forming, value driving, identity focusing principles that, through the help of the Holy Spirit and a community of people surrounding you, will remind us of who we are. The hope is that as we refocus on who we are as a group of people, we will learn and experience how to live in community and on mission in the way Jesus intended for us.

**Here's the first one:** *We are people who enjoy one another.*