



**Week:** Sunday, Aug 25th  
**Text:** Psalm 126

## Let's Discuss

- Have you ever got to the point where you laughed uncontrollably? To the point of tears? Beyond tears?
- Why is laughter so good for us?

- Read Psalm 126

Laughter is a byproduct of something pleasing. Happiness tends to be circumstantial. Whereas, joy transcends circumstance.

- Have you ever met someone that, despite circumstances, always seemed to have joy? Describe.

Joy is a byproduct of a relationship with God.

- What robs us of our joy?
- Why do you think some never experience joy in their walk with God?
- Read Galatians 5:22-26
- How do we water the fruit of joy in our life?
- What attitudes or behaviors do you need to prune to experience God's joy in your life?