

Basic Tips: 1.) Use a translation you can understand. The NIRV or The Message are good starters. 2.) Use a kids Bible with kids. 3.) Keep a pencil and notebook around to write down questions, observations, and conclusions. 4.) Have fun. Use your imagination and your brain.

March 15-22

TRADING UP Grey Skies Spirituality for Technicolor Joy

Day 1	Gal 5:13-25	Easy rejoicing
Day 2	Nehemiah 8	How to Party
Day 3	Isaiah 35	Exuberance
Day 4	1 Chronicles 16	Unrestrained Praise
Day 5	Phil 4	Contentment

Questions to Guide You:

This week, we'll begin our LENT on Ash Wednesday. During LENT, we'll each give up something Monday through Saturday (like chocolate or coffee or Social Media or TV) in order to TRADE UP to the Fruit of the Spirit. This week, we'll focus on trading up to Joy.

- 1.) What are the fruit of the Spirit? What is the freedom of Gal 5? Who is more joyful than liberated people? What have you been liberated from? What has God saved you from? Are you as grateful as a freed slave or rescued P.O.W.? Spend time pondering this freedom until you find joy.
- 2.) What is Joy? What does it mean to Rejoice? Is Joy an emotion? If so, is it fair for God to command us to feel certain emotions? If not, what is it? Can I rejoice even when I don't feel like it? Can I practice Joy even when I am not "happy"?
- 3.) Who is the most fun person you know? The person that you enjoy being with the most? That is the easiest to laugh with and makes you want to dance? How can you learn from them?
- 4.) How do the people initially respond to the reading of God's Word in Nehemiah 8? Why are they crying? Happy tears, overwhelmed, conviction? Have you ever cried in worship/prayer or have you muted all your emotions in church?
- 5.) What does God want his people to do in Nehemiah 8? What would this look like at Oakland? What would this look like in your personal devotions? How could you party like the Hebrews? Would you? Why or why not?
- 6.) What kind of joy does Isaiah 35? When does Isaiah expect this kind of

joy to come? How does Jesus open the doorway to this kind of Joyful behavior?

- 7.) What barriers stand in the way of our exuberance? Why stops us from acting more joyfully? What attitudes or fears or sins?
- 8.) Why are the people so excited in 1 Chronicles 16? Why are the excited about the ark? How do they show it? Where is the ark now? Where is the Holy Presence now? Does this amaze and excite you like David? Why or why not?
- 9.) How does singing coach us towards joy? What other actions make us more likely to rejoice? To laugh and release good endorphins?
- 10.) Entitlement and familiarity destroy joy. How have you found the 6 days of fasting and 1 feast day rhythm helping you enjoy and appreciate things in new ways?
- 11.) What does Phil 4 teach us about joy? What does Paul know about joy that you don't? What is the difference between his mental health and emotional stability compared to yours? Why do think this is?