

# FROM THE GROUND UP

*A study on the book of Nehemiah*

June 24/25  
**PART 4:**  
**FINDING GREAT JOY**  
Jason Strand

No matter what circumstance we find ourselves in or what situation we're currently facing, we can find comfort in the fact that the joy of the Lord is our strength. When we have a tough deadline at work, kids who are constantly fighting, or when we're home and lonely on a Friday night, we can be confident that the joy of the Lord will give us the strength to carry on.

## Discussion Questions

1. How joyful are you these days? What are some things in life that bring you genuine joy?
2. **Read Nehemiah 10:28-39.** In this passage, the people of Jerusalem are listing out things they'll never, ever do. What is (or should be) on your never, ever list? Why?
3. A lot of us think, "I'll be happy when..." When we get a bigger house. When I get a better job. When I finally get married. We get so wrapped up in what we *don't* have, that we forget to celebrate what we *do* have. What are you grateful for today? What is something in your life that's worth celebrating?
4. Jason talked about three ways to increase your joy: Put yourself in a place where you can hear from God, don't compromise your integrity, and celebrate what you have instead of lamenting what you don't have. Which one of those three do you do well already and which one(s) do you need to work on more?

## Challenge

Spend time this week considering what practical steps you can take to increase your joy. Maybe it's spending more intentional time with God. Perhaps it's celebrating small victories. List out some action steps and take a first step this week.

## Commit to Memory

Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. **James 1:2**