

SHIFT HAPPENS: **SHIFT** to Joy

January 10 & 11, 2026

All Bible passages are quoted from the New International Version of the Bible unless otherwise noted.

Philippians 4:4-5 | ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near.

John 15:4-5, 11 | ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ...¹¹ I have told you this so that my joy may be in you and that your joy may be complete.

1. Joy **DISRUPTS** cynicism and **SPARKS** hope.
2. Joy is rooted in **CHRIST**, not **CIRCUMSTANCES**.
3. Joy is a **COMMAND**, not a **SUGGESTION**.
 - Look for what’s **RIGHT**, not what’s **WRONG**.

SHIFT HAPPENS: *SHIFT* to Joy

January 10 & 11, 2026

Further Study & Discussion Questions

Getting to Know You:

1. What's something that instantly puts you in a better mood—even on a bad day?
2. On a scale of 1–10, how joyful do you usually feel during a normal week? Why?
3. When you hear the word “joy,” what's the first thing that comes to mind?

Quick Review:

1. In your own words, how would you describe the difference between joy and happiness?
2. Why do you think Paul could command people to “rejoice always,” even while he was under house arrest in Rome?
3. What does it mean to be connected to the vine (**John 15:4-5**), and how does that relate to joy?

John 15:4-5 | ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Digging Deeper:

1. Where do you see cynicism show up most in your life (work, family, personal-life, etc.)?
2. **Philippians 4:4** says “Rejoice in the Lord always”. Why is it important that Paul says “in the Lord” and not just “be joyful”?
3. Joy was described as a command, not a suggestion. Why do you think God would command joy instead of just encouraging it?

Putting It Into Practice:

1. What's one situation right now where you need to shift from cynicism to joy?
2. This week, how can you practically stay more connected to the Vine (**John 15:4-5**)?