



## Family Discussion Guide – 05/24/2026

### Big Idea

Real joy doesn't come from what we do or what happens to us, but from knowing and loving Jesus.

### Key Bible Verse

“Further, my brothers and sisters, rejoice in the Lord.” – Philippians 3:1a (NIV)

### Questions for Younger Kids

1. What are some things that make you happy? How is that different from the joy Jesus gives us?
2. When something doesn't go your way (a bad day at school, a fight with a friend), how can you still “rejoice in the Lord”?

### Questions for Teens

1. Where are you most tempted to look for joy—friends, grades, sports, social media, being liked, success? How do those things compare to the joy of knowing Christ?
2. Paul said he considered everything a “loss” compared to knowing Jesus. What might it look like, in your life right now, to treat knowing Christ as more important than your achievements or image?

### Family Application for This Week

Pick one time each day (like at breakfast, dinner, or bedtime) to go around and answer two quick questions:

1. “What's one thing that tried to steal your joy today?”
2. “What's one reason you can still rejoice in the Lord today?”

Keep answers short and simple. After everyone shares, say together:

“Our joy is in Jesus, not in what happened today.”

Short Family Prayer

“Lord Jesus, thank You that our joy doesn’t depend on having a perfect day or being perfect people. Help us remember that real joy comes from knowing You, trusting You, and becoming more like You. When things are hard or disappointing, remind us that You never change and You are always with us. Teach our family to rejoice in You this week. In Your name we pray, amen.”