



Sermon Discussion Guide

Title of the Sermon

Finding Joy When Life Hurts

Series Name: Joy with Jesus

Main Text: Luke 6:20–23

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there’s no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

- What’s a small thing that can instantly improve your mood on a hard day?
- If you had to create a “bad day survival kit,” what three things would you put in it?

Leader’s Note

In Luke 6, Jesus completely redefines what it means to be “blessed.” Instead of comfort, success, or popularity, He points to dependence, hunger, sorrow, and even rejection as pathways to true joy. This passage invites us to trust that God is working—even in the hardest seasons of life.

Main Points

1. The Poor Are Rich

Key Scripture:

Luke 6:20 (see also Matthew 5:3)

Discuss:

- What are some subtle ways we try to convince ourselves we are spiritually “doing fine” without God? How does self-sufficiency compete with dependence on Him?
- What practical habits help cultivate humility and dependence on God in daily life?
- How have you seen God work when you reached a place of dependence on Him?

Leader’s Note:

Spiritual poverty is not weakness—it’s the doorway to the kingdom. God meets us when we come to the end of ourselves.

2. The Hungry Will Be Filled

Key Scripture:

Luke 6:21 (see also Matthew 5:6; John 6:35)

Discuss:

- What are some things you try to “fill your life” with instead of God?
- How can you practically pursue Jesus as your primary source of satisfaction?

Leader’s Note:

Everyone is hungry for something. Only Jesus truly satisfies the deepest needs of the soul.

3. The Weeping Will Laugh

Key Scripture:

Luke 6:21 (see also Psalm 56:8; Romans 8:18)

Discuss:

- Why do we often try to avoid grief or distract ourselves from pain?
- How can God use seasons of sorrow to draw us closer to Him?
- What does it mean to grieve over sin, and why does that lead to joy?

Leader's Note:

God doesn't ignore our pain—He redeems it. Tears today can lead to joy tomorrow, both emotionally and spiritually.

4. The Rejected Are Rewarded

Key Scripture:

Luke 6:22–23

Discuss:

- What kinds of opposition or rejection do Christians face today?
- How can we tell the difference between being rejected for Christ vs. for our own behavior?
- What does it look like to live for God's approval instead of people's approval?

Leader's Note:

Following Jesus may cost something in this life, but it comes with eternal reward. Living for God's approval leads to lasting joy.

Closing Prayer

- Spend time praying for one another, especially for those walking through difficult seasons. Ask God to help you trust Him in hardship, to find your joy in Jesus, and to live for His approval above all else.