

***“Choose Joy”***

**STUDY GUIDE**

1. Christmas can exert powerful pressure on us to be cheerful and happy, even if we are walking through a season of worry, sorrow, or hardship. What are the pros and cons of “faking it till we make it”? What are the risks of simply going with our emotions? Is there a middle way?
2. Paul says “***Be joyful always, pray continually, give thanks in all circumstances”***

***(1 Thessalonians 5:16-18).*** How does this advice point us to a way to find real joy instead of merely chasing cheerfulness?

1. We are nine days away from December 25th. Have you intentionally added or taken away anything this season that has helped you tap into the true joy of Christmas?