



Joy

Purpose of Presentation:

“Joy” has been experienced by all of us in life, in marriage. We will attempt to look “inside” to determine the sources of our joy, the meaning of joy, and explore the possibilities of increasing our awareness of joy in our marriages and lives.

Preparation for Meeting by Presenting Couple:

A. Do your personal reflection and dialogue on the following questions:

1. *What am I doing to bring joy to me? To others? To our relationship?*
2. *What is joy? How does this make me feel?*
3. *What joys do I recall that made me feel good about me? About us?*
4. *How do I feel when the joy is absent in our marriage? Give examples.*
5. *How do I relate to joy in my life, in our lives? Is it always a high?*

6. *How do I get my “jollies”?*

7. *What crisis or crises have led to joy in our marriage? How does this make me feel?*

8. *How do I feel when I am with a joy-filled person? Envious? Accepting? Joyous also? (Does joy rub off on others?)*

B. Telephone questions 2, 3, 4 and 7 to your contact and host couples in advance, so that they can phone them to couples in your Circle to dialogue on before the meeting.

C. When writing your talk use feelings and experiences from your own marriage to make your talk real and belonging only to you. Make your examples simple.

D. Remember that the most important part of the talk is you! and what you share of yourself and your feelings. If you are open and honest your talk will be terrific! Limit your talk to 20 minutes.



OUTLINE OF TALK

I. Introduction: (Suggested time, 2 min. each spouse)

- A. State "purpose" as above.
- B. What is joy? In your life? In your marriage? How do we receive joy? Example: Marriage, children, God, work.
- C. What are obstacles to joy? Example: Selfishness, pride, laziness, lack of understanding. How do I feel when joy is absent in our marriage.
- D. How can we overcome these obstacles? Example: Work at it, search, grow, reach out, love. What part does my self-esteem play in overcoming obstacles to and receiving joy?

II. Body of Talk: (Suggested time: 5 min., each spouse.)

- A. Give personal examples of joy in our life, family marriage.
- B. What crises have led to joy in our marriage? How does this make me feel?

III. Conclusion: (Suggested time, 3 min. for each spouse)

How can we increase our awareness of joy and its sources?

B. What are examples of personal growth due to better self-appreciation and understanding of joy? How do I feel about God as a source of joy? Example: Attitudes, awareness of God, what do my peaks and valleys tell me?

C. What are examples we can give of extending our joy to others? How does this make me feel?

SPECIAL NOTE:

Be sure you use examples from your own marriage to explain joy. Describe situations and your feelings about them fully. Do not give a LECTURE on joy.

The Meeting

Dialogue and Sharing Question: What am I doing to bring joy to me? To others? To our relationship?

Suggested Scripture Reading: Colossians 3:12-17, read twice. Remind your group that as they listen to the Scripture they should be thinking: What does this mean to me? How does this make me feel? Where is God leading me?