

“Anchors of Joy” Group Guide

Series: [RE]UNION

Passage: John 16:16-33

Speaker(s): Pastor Ryan Paulson

Date: February 18, 2024

ICEBREAKER:

In honor of President’s Day, match the facts with the correct U.S. President. (*Answers from History.com can be found at the end of this document.*)

1. Which president was the shortest in height?
A) James Madison B) George Washington C) Theodore Roosevelt
2. Which president helped finance his political career with poker winnings?
A) Bill Clinton B) Ronald Reagan C) Richard Nixon
3. Which president turned down offers from multiple NFL football teams?
A) Herbert Hoover B) Gerald Ford C) Lyndon B. Johnson

Anchors of Joy

John 16:16-33

Jesus promises to transform our **overwhelming sorrow** into **overflowing joy**.

~ **Joy** through **answered prayer**.

~ **Love** through the **Father’s embrace**.

~ **Peace** through **union with Jesus**.

Our **joy is secure** because the **victory is won**.



Learning His Way

(Every week in these studies, we will ask questions about the Scriptures that try to help us Discover the unique Way of Jesus that is found in the text.)

1. Consider starting your time with the song “[Take Heart](#)” by Matthew West.

2. Read John 16:16-33. What stands out to you?

3. Read James 4:2-3 & Proverbs 3:5-6. How do these verses relate to this passage?

4. The disciples struggle to understand what Jesus is saying. What advantage do modern-day disciples have to help them that the disciples in this passage did not yet have? (Hint: Read John 16:12-15.)



Forming His Heart

(This is the part of the study where we work on our own hearts. “How does my character need to grow and change because of this passage?”)

5. When told “in a little while,” how long do you imagine this period of time? How do you handle times of waiting? What emotions rise to the surface?

6. Amid troubling circumstances, whom or what do you turn to first for answers instead of seeking God in prayer? What are you missing out on because of this?

7. Which “anchor” do you need to be reminded of most during this present season?



Joining His Mission

(This is the part of the study that we ask, “What would God want us to do because of this passage?”)

8. How might you use the “anchors” of joy, love, and peace to comfort someone in a time of sorrow?

9. How did your family of origin handle times of hardship and/or grief? How have you learned a new way after receiving this teaching?

Icebreaker Answers:

According to [History.com](https://www.history.com):

1. A) James Madison
2. C) Richard Nixon
3. B) Gerald Ford