



## **“Choose Joy” By Kay Warren**

1. Can you describe the difference between happiness and joy?
2. You write in “Choose Joy,” life is like a parallel set of train tracks, with joy and sorrow running inseparably throughout our days. How are joy and sorrow always linked?
3. You are very honest about your own struggles in the book, including those in your marriage, with your children and grandchildren’s health and even a lifelong battle with mild depression. What have these situations taught you about joy?
4. Many people believe the Bible to be a book of sorrow. What are some of the misconceptions about what the Bible says about joy vs. sorrow?
5. In “Choose Joy,” you discuss how Jesus was, in His essence, a man of joy. What evidence do we have of this?
6. What are some of the false sources of joy to which people often turn?
7. What does it mean to adopt “a value system of Heaven”?
8. In “Choose Joy,” you state that some of Satan’s favorite weapons against Christ’s followers are illness, pain and loss, but that God can use our suffering to teach us. How can we find “treasures in the darkness”?
9. What are some ways individuals can nurture joy in themselves?
10. Why is it important to nurture joy in others and how can people do that?
11. How can nourishing yourself physically, emotionally and spiritually help in choosing joy daily?
12. In the book, you mention that choosing joy requires getting back to the basics. What are those basics?
13. What are some of the small changes in relationships individuals can make to build a lasting foundation of joy?
14. What actions can individuals take to find the joy in all things?
15. What would you tell someone whose life has been impacted by the recession, whose husband has left them or someone whose child has died? What advice can you offer to someone who is dealing with great sorrow in their lives, and how can they choose joy?