

Title: Don't get Mad...Get Glad.

Text: *"You have loved righteousness and hated wickedness; therefore God, your God, has anointed you with the oil of gladness beyond your companions."* (Hebrews 1:9)

Target: GET YOUR GLADNESS BACK!

Discussion Questions:

1. When you picture Jesus, do you see sorrow more than joy?

Looking at passages like **Luke 10:21**, **Matthew 11:19**, and **John 15:11**, how does Scripture reshape your view of Jesus' emotional life?

- Why do you think many of us imagine Jesus as serious but not joyful?
- How would seeing Jesus as deeply joyful change your relationship with Him?

2. Where has the flesh been stealing your gladness?

Reflect on **Psalm 51:12** and the areas listed in the sermon:

- Driven by ambition
- Driven by affirmation
- Driven by acceptance
- Controlled by cravings
- Consumed by comparison
- Conformed to culture

Which one hits closest to home right now? How has it affected your joy?

3. What does "walking by the Spirit" actually look like in your daily life?

Read **Galatians 5:16–17**.

- What habits help you walk by the Spirit instead of the flesh?
- Where do you feel the tension between Spirit and flesh most strongly?
- What is one step you can take this week to "keep in step with the Spirit" (Galatians 5:25)?

4. Is your gladness visible to others?

Consider **Galatians 5:22–23**, **Acts 2:46–47**, and **James 1:2–3**.

- Would the people around you describe you as someone marked by joy?
- How does your response to stress, inconvenience, or suffering reveal what is leading you — flesh or Spirit?
- What would "undeniable gladness" look like in your current season?

5. What does it look like for you to "get your gladness back"?

Reflect on **John 15:4–5** and **Romans 8:5–6**.

- Where do you need to abide more intentionally in Christ?
- Is there an area where you may be grieving or quenching the Spirit?
- What practical change this week would help you pursue gladness instead of chasing feelings?