



GOD IS MY JOY AND MY DELIGHT

## FOOD FOR THOUGHT FROM THIS CURRENT SERIES:

### WEEK 3: NOT “EITHER / OR” BUT PRIORITY

Pleasure is a short term substitute for happiness and it's easy to confuse the two. Eventually, pleasure loses its pleasure and the downside - it becomes a prison as it takes away our freedom.

Jesus came to rescue us from that prison and give us life - real, lasting, full and satisfying life! The question isn't about choosing happiness *or* pleasure but about priority. Pleasure is always derived from something outside you, whereas happiness arises from within as we make choices to follow the good shepherd who lays down His life for His sheep so we can have it!

#### THINK ABOUT THESE ...

1. Think about something you do for fun.  
What do you enjoy about that activity?
2. How long does that feeling of enjoyment last?  
What causes it to fade?
3. Do you have a positive or negative image of pleasure?  
What has led you to think that way?
4. Eventually, pleasure loses its pleasure and becomes a prison.  
Is it difficult for you to believe that? Why or why not?
5. **Read John 10:7–11.** What are some reasons it's difficult for people to believe that Jesus wants them to have life “to the full”?  
What are some ways you define “full life”?
6. Tough question - is there a pleasure in your life that is stealing your freedom and undermining your happiness?  
Who else could you ask to help answer that question in your life?



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### THINKING REVOLUTIONARY ...

Is there a pleasure that's beginning to act like a warden in your life by taking away your freedom to say no? That's an indication you've prioritized your pleasure over your happiness.

Is it time to trade that for a good shepherd who offers you satisfaction - life to the full?

### READ AND THINK ABOUT THESE WORDS (MEMORIZE THEM IF YOU CAN!):

*"The thief comes only to steal and kill and destroy;  
I have come that they may have life, and have it to the full.  
I am the good shepherd.  
The good shepherd lays down his life for the sheep."*

John 10 verses 10-11