

# **The Pray More Healing Retreat Study Guide**

## **The Joy to Be: Reflections on John 15:11 with Damon Owens**

### **Reflective Questions**

“I have told you this so that my joy may be in you and your joy may be complete.” - John 15:11

1. Damon distinguishes between true joy and such things as pleasure or delight. How do you typically think of joy? How does his description of joy as a deeper spiritual reality change the way you think about joy?
2. John 15:11 tells us that Jesus wants us to have His joy. Have there been instances in your life where you've experienced joy that was rooted in Jesus?
3. Pope Benedict XVI said that Christian joy comes from the certainty that we are loved by God. How can you work to cultivate joy in your life through growth in this certainty that you are loved by God?
4. Damon talks about our Christian mission to love. He discusses the connection between this mission to love and its fruit, joy. How have you seen this connection between love and joy in your life or in your interactions with others?