

Session 10: Joyful Living



INTRODUCTION

A reframed understanding of the gospel gives confidence and joy in the midst of daily life. The good news of Christ in the Scriptures frees us for an abundant life of work and rest.

“As they talked and discussed these things with each other, Jesus himself came up and walked along with them.” —Luke 24:15

EMMAUS ROAD REFLECTION

1. What has God been saying to me through this episode (e.g. encouragement, challenge)?
2. What was significant or new? What questions did it raise?

DISCUSSION

1. What does joy and confidence look like in the midst of the sorrows, heartaches, and disappointments of life—not only yours but of the wider world? In what do we place our trust and hope?
2. What have you seen with fresh eyes during ReFrame? What questions are you still wrestling with?
3. What sustains us as ambassadors on our journey of discipleship?
4. What is God saying to you, your church, and your community about how you can be an ambassador to the culture around you?

ACTIVITY

PRAY: Leader to life, Path to truth, our Lord Jesus Christ; you led Joseph to Egypt, and the people of Israel through the Red Sea; and Moses to Mount Sinai, and his people to the land of promise. And you traveled with Cleopas and his companion to Emmaus. Now, I pray you, Lord lead me and my companions to travel in peace on the journey before us. Save us from the visible and invisible enemy and lead us safely to the place we are headed. For you are our way and our truth and our life. Glory and worship to you now and always and unto the ages of ages. Amen.

—Hovhannes Garnets’i