



Everybody Always: Contagious | July 3, 2019

Discussion Guide

The Scoop

We like to think that joy comes from achieving perfection. But for most of us, perfection is a long way off. Read more about this below.

Key Verses

Psalm 98:4 (NIV)

"Shout for joy to the Lord, all the earth, burst into jubilant song with music."

Discussion

All of us have different ways we express joy. Many of us either express or feel joy when we sing. We may not know the right words or even the melody, but when we're on our own, it doesn't really matter. We jam out with our earbuds in, not really paying attention to the volume or quality of our singing. But when we realize that we're within earshot of someone else, we get self-conscious. Because our singing is imperfect, we don't feel like we can fully express ourselves in front of others.

1. What is your favorite way to express joy? What is your default action/reaction when you're in a joyful season of life?
2. Have you ever experienced this situation – where all of the sudden you feel self-conscious because of one of your actions (singing or otherwise) because you are imperfect? Why do you think we feel this way as humans?

Many of us live our lives as well as our faith this way. We make the mistake of thinking that perfection equals joy, and that the only way we can achieve true joy is through perfection. But the reality is, that's a lie! We can achieve joy even in our imperfection. It's not about doing our best, it's simply about trying. And when we do that, joy becomes contagious. Our faith isn't meant to be lived in a silo, it's meant to be shared, even when it's imperfect. In his book, "Everybody Always," Bob Goff says we need more people in the world living out an imperfect faith than we need people who are paralyzed by perfection.

3. Are you someone who continually longs for perfection? Why do you think this might be the case?
4. How might striving for perfection paralyze us in our faith life?

In Psalm 98:4, we are encouraged to express our joy to the Lord. One of the primary ways we can do this is to sing. The goal isn't for this to happen just for you, but for all the earth. And the only way this will happen is if our joy becomes contagious to the people around us. It doesn't have to be perfect, we just have to choose to take a step in that direction. We need to decide to be courageous in our faith, to step out before we are ready, in order to share our joy with others.

5. When you read this verse, what is your reaction? When was the last time you remember being really joyful before the Lord?
6. Why do you think that joy is contagious? Have you ever experienced contagious joy either by giving or getting?

What's Next?

The great news is that God isn't asking us to have it all figured out. We don't need to be perfect and we don't even really need to be that good at the ways we express joy. We just need to be willing. There are so many stories in the Bible of imperfect people, who made a difference simply because they were willing to take a chance, to take a step into something different. God wants us to sing imperfect songs so that the world would know he exists.

This week, as you live out and engage your faith, take a step towards God in your imperfection. Think about something you're not that good at, but enjoy and experience overflowing joy in. Show God that you're willing and watch where He shows up.