



## CORNERSTONE REFLECTION GUIDE

### OCTOBER 20, 2024

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**Title:** Cultivate Joy: What Paul Knew

**Preacher:** Rev. Matt Tuggle

**Scripture:** Acts 20:28,35-37

The apostle Paul knew one thing about how to cultivate joy that we so easily miss today. In his last meeting with the elders from Ephesus, Paul charges them to watch over and serve the church (Acts 20:28). He also reminded them of Jesus' teaching, "It is more blessed to give than to receive" (Acts 20:35). Finally, he knelt down with all of them and prayed (Acts 20:36).

Ultimately, with the guidance of the Holy Spirit, what Paul knew is that we claim joy through humility—*thinking less about ourselves and more about others*. We can practice humility and cultivate joy by reorienting and prioritizing our lives in the following way:

Jesus (first)

Others (second)

Yourself (last)

### DISCUSSION QUESTIONS

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1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. Out of all of Jesus' teachings, Paul chose to remind the Ephesian elders that, "It is more blessed to give than to receive" (Acts 20:35). What does this imply about the importance of humility and serving others?

3. Humility does not mean thinking less of ourselves, it's thinking about ourselves less. How does this definition of humility impact the way you view your relationships?
4. In this current season, how are you serving those in your care? How are you serving the church? How does serving and caring for others help us cultivate joy in our lives?
5. The last thing Paul did with his friends in Ephesus was pray. Spend a moment now in prayer with your group or on your own. Thank God for any gratitudes that come to mind and lift up any concerns or requests you or your group may have.

## WEEKLY PRACTICE

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We often think the more we have (or the more we do), the happier we will be. It turns out the opposite is true; the more we have, the more it has us. One of the ways we can make room for joy is by simplifying our calendar and being more intentional with our time.

This week, take a hard look at your calendar. What would it look like to reorient your life for JOY (Jesus first, Others second, and Yourself last)? Get clear on your priorities by assessing how you spend most of your time. Then practice saying “no” to small things and celebrate these wins, as they will give you confidence to prioritize larger “nos” and make space for life-giving activities, like spending time with God and serving others. Notice how these acts of humility begin to yield joy in and around you.