



Mission Joy: Finding Happiness in Troubled Times

Discussion Questions

1. How can people cultivate a sense of joy as a way of being, not just as a feeling? How do you respond to this question for yourself? Both Archbishop Tutu and the Dalai Lama, men of joy, state that pursuing happiness and joyfulness as exterior pursuits will not make you happy or joyful. Do you agree? Why or why not?
2. Wherever you received much love, there is your home. How could this Tibetan saying help us to define the mission of our church? Think of a specific ministry in which you participate in your church; if the underlying mission of that ministry was to make sure everyone entering your church 'received much love,' how would that change the practice of your ministry? What would it look like to be the bearer of 'much love' inside your church and outside of its walls?
3. Both Archbishop Tutu and the Dalai Lama understand the importance of time spent in meditation and prayer. It is through practice of prayer and meditation that the gentleness and compassion grow like muscles that have to be exercised to be strengthened. What do you do to nurture your mind and spirit? What do you know about Christian meditative practice? If your church offered to help you learn spiritual practices, would you take part? What are you and your church doing to promote and sustain spiritual growth?
4. When the essence of the wisdom is distilled, the key to joy is to get in touch with your own natural compassion and find a way to live from there. What does this look like in your life? What sort of suffering draws you toward feeling compassion? Are there those who are suffering for whom you do not feel compassion? Why? What do the life and ministry of Jesus teach us about compassion?
5. Finish this sentence: the power of forgiveness is _____. Discuss why you feel this way. How do forgiveness and joy work together?
6. The final thought that Archbishop Tutu leaves us with in this film is, "Share the Joy!" And he asks, "Are you in?" How will you and your church answer this call?