

**THE
JOY
BOOST
BLUEPRINT**



**10 WAYS TO BREAK
THROUGH THE BARRIERS
THAT BLOCK BIBLICAL JOY**

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- 1. Break through PERFECTIONISM with PURPOSE.**
Perfectionism fosters feelings of frustration and failure, but purpose fills you with a sense of significance and satisfaction.
- 2. Break through COMPARISON with COLLABORATION.**
Comparison isolates and invalidates, but collaboration empowers and elevates.
- 3. Break through DISTRACTION with DISCIPLINE.**
Distraction chooses what's easy even when it's detrimental, but discipline chooses what's best even when it's difficult.
- 4. Break through INADEQUACY with INTIMACY.**
Inadequacy makes you doubt your own ability, but intimacy empowers you to rely on God's.
- 5. Break through GREED with GRATITUDE.**
Greed has an insatiable hunger for more, but gratitude finds complete contentment in all circumstances.
- 6. Break through FEAR with FAITH.**
Fear hijacks your mind and holds your heart hostage, but faith sets you free to explore the unknown.
- 7. Break through GUILT with GRACE.**
Guilt robs you of your self-esteem, but grace reminds you that you've been redeemed.
- 8. Break through WORRY with WORSHIP.**
Worry frets over temporary circumstances, but worship finds hope in an eternal God.
- 9. Break through SELF-PITY with SELFLESSNESS.**
Self-pity laments feeling deprived, but selflessness sacrifices to see others thrive.
- 10. Break through CYNICISM with CURIOSITY.**
Cynicism kills possibilities, but curiosity creates potential.



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1. Break through **PERFECTIONISM** with **PURPOSE**.



REMEMBER

PERFECTIONISM FOSTERS FEELINGS OF FRUSTRATION AND FAILURE, BUT **PURPOSE** FILLS YOU WITH A SENSE OF SIGNIFICANCE AND SATISFACTION.



READ

EPHESIANS 2:10 | God created us for his purpose, not our perfection. When we become laser-focused on pursuing our own version of perfection rather than God's design, we can easily miss the purpose God has for us in that moment. After all, we were designed to do good works—ones that God selected in advance for each of us. And when we tap into this purpose, our joy increases as we are filled with a deep sense of significance and satisfaction.



REFLECT

1. Have you ever missed out on God's purpose because you were too focused on achieving perfection?
2. When you find yourself becoming fixated on perfectionism, how can you realign your heart with God's purpose for you?



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2. Break through **COMPARISON** with **COLLABORATION**.



REMEMBER

**COMPARISON ISOLATES AND INVALIDATES,
BUT COLLABORATION EMPOWERS AND ELEVATES.**



READ

ECCLESIASTES 4:9-12 | We were made to experience life in community. We know that we can accomplish more when we work together, yet it is so easy to get caught up in a game of comparison, measuring our value and worth against the very people we were created to support. When we do this, we discredit ourselves, become isolated, and accomplish less. Instead, when we choose collaboration over comparison, we find joy in uplifting one another and become empowered to realize dreams in community.



REFLECT

1. Who have you been comparing yourself to recently? Commit to praying for them each day this week.
2. In what areas of your life have you become isolated? How could you create space for collaboration in those areas?

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3. Break through **DISTRACTION** with **DISCIPLINE**.



REMEMBER

DISTRACTION CHOOSES WHAT'S EASY EVEN WHEN IT'S DETRIMENTAL, BUT **DISCIPLINE** CHOOSES WHAT'S BEST EVEN WHEN IT'S DIFFICULT.



READ

MATTHEW 13:7, 22 | In the Parable of the Sower, Jesus teaches that life's many distractions are like thorns that make it impossible for the seed of God's word to grow in the soil of our lives. Whether we're distracted by wealth or worry, relationships or responsibilities, sickness or social media, or anything else, if it takes our focus off of God and his purposes for us, it will drain our energy and steal our joy. Alternatively, when we consistently make wise, disciplined choices, we become better, stronger, and more joyful for it.



REFLECT

1. What distractions have been coming between you and God recently?
2. What two disciplines can you implement this week to combat those distractions?

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4. Break through **INADEQUACY** with **INTIMACY**.



REMEMBER

INADEQUACY MAKES YOU DOUBT YOUR OWN ABILITY,
BUT **INTIMACY** EMPOWERS YOU TO RELY ON GOD'S.



READ

JOHN 15:4-5 | We were designed to experience profound intimacy with our Creator, who is the source of all life. When we are disconnected from that source, we come face to face with our limitations and can quickly be overtaken by feelings of inadequacy. On the contrary, when we remain in God's love and invest intentionally in a relationship with him, it empowers us to embrace our inadequacies for what they are and lean on his perfect strength instead.



REFLECT

1. What have you been trying to do "apart from the vine" recently?
2. On a scale of 1-10, where would you rate your current intimacy with God? What do you need to do to improve that number?



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5. Break through **GREED** with **GRATITUDE**.



REMEMBER

GREED HAS AN INSATIABLE HUNGER FOR MORE, BUT GRATITUDE FINDS COMPLETE CONTENTMENT IN ALL CIRCUMSTANCES.



READ

LUKE 12:15-21 | Jesus warns us to be on guard against “all kinds of greed”. He goes on to tell a story about a man who is so obsessed with having more that, after bringing in a plentiful harvest, he decides to tear down his old barns and build bigger ones just to hoard all of his grain. Greed can never be satisfied. When greed motivates our actions, we become ungrateful and are hindered from experiencing true joy. Gratitude, on the other hand, finds satisfaction in all circumstances. A grateful heart is a joyful one!



REFLECT

1. Where have you seen greed infiltrating your life lately?
2. What is one practice you can implement this week in order to increase your gratitude?



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6. Break through **FEAR** with **FAITH**.



REMEMBER

FEAR HIJACKS YOUR MIND AND HOLDS YOUR HEART HOSTAGE, BUT FAITH SETS YOU FREE TO EXPLORE THE UNKNOWN.



READ

ISAIAH 41:10 | Fear is not at all subtle when it comes to stealing our joy. It is one of the loudest and most formidable forces of all the barriers that seek to extinguish our joy and leave us feeling hopeless. Perhaps that's why God has so much to say about fear in his word. Throughout Scripture, he provides constant reminders of his presence and power to strengthen, help, and protect us. But our response to these promises is up to us. We can remain entrenched in our fear, or we can choose faith and fly into joyous freedom.



REFLECT

1. Does your daily experience tend to be more characterized by fear or faith?

2. What would it look like if you were to take God at his word and truly trust that he is with you?

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7. Break through **GUILT** with **GRACE**.



REMEMBER

GUILT ROBBS YOU OF YOUR SELF-ESTEEM, BUT **GRACE** REMINDS YOU THAT YOU'VE BEEN REDEEMED.



READ

ROMANS 8:1-2 | Whether it has to do with past mistakes, current slip-ups, or deeply rooted sin, when guilt takes hold of our hearts, it can be difficult to eradicate. Moreover, as guilt grows in our lives, so does the burden we carry until, eventually, we buckle under the weight of shame and self-hate. Thankfully, God's word reminds us that we don't have to give in to guilt as followers of Jesus. When we choose to repent and receive God's grace, we are gifted with the joy of redemption.



REFLECT

1. How does Romans 8:1-2 encourage us to respond to the burden of guilt we carry?
2. How easy or difficult do you find it to offer yourself grace when you screw up?

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8. Break through **WORRY** with **WORSHIP**.



REMEMBER

WORRY FRETTS OVER TEMPORARY CIRCUMSTANCES,
BUT **WORSHIP** FINDS HOPE IN AN ETERNAL GOD.



READ

PSALM 13 | Worry is so commonplace in our world nowadays that we often don't realize the toll it is taking on our health and well-being. We see it as an appropriate response to life's trials and challenges, but its devastating effects on our soul and spirit are anything but suitable. Worship, on the other hand, restores our joy as it diverts our attention away from our temporary, ever-changing circumstances, and focuses it on our Savior—the source of our eternal hope.



REFLECT

1. What is your primary source of worry in life?
2. Worship happens when we focus our thoughts and attention on something or someone. How will you choose to direct your worship toward God today?

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9. Break through **SELF-PITY** with **SELFLESSNESS**.



REMEMBER

SELF-PITY LAMENTS FEELING DEPRIVED, BUT
SELFLESSNESS SACRIFICES TO SEE OTHERS THRIVE.



READ

PHILIPPIANS 2:3-8 | When things go wrong in life, we can easily get caught up in a destructive cycle of self-pity if we fixate on ourselves and our circumstances. But the more we wallow in sadness and discontentment, feeling sorry for ourselves and lamenting what we lack, the more we will be blinded to the needs of others and miss out on opportunities to serve them. Instead, when we pursue a life of selflessness, we follow the example of Jesus, who joyfully gave up everything to put us first.



REFLECT

1. Where would you place yourself on the following continuum?
Circle the spot on the line that best describes you right now.



2. What act of selfless sacrifice can you do this week to help jostle you out of a self-pity stupor?



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10. Break through **CYNICISM** with **CURIOSITY**.



REMEMBER

**CYNICISM KILLS POSSIBILITIES,
BUT CURIOSITY CREATES POTENTIAL.**



READ

PSALM 1:1-2 | Cynicism can be defined as a state of being “bitterly or sneeringly distrustful, contemptuous, or pessimistic”.¹ As terrible as it sounds, it doesn’t take much for this damaging emotion to sneak into our lives and decimate our joy. It’s no wonder the Bible teaches that those who avoid sitting in the seat of mockery and cynicism will be blessed. Curiosity is a much better alternative to cynicism. When we cultivate curiosity toward God’s word, his world, and his children, it opens up endless possibilities for joy.



REFLECT

1. In what areas of your life are you most prone to cynicism?
2. What are some ways that you could cultivate an attitude of curiosity in those areas?

1. “Cynical.” Dictionary.com, Dictionary.com, 2021, www.dictionary.com/browse/cynical?s=t.