

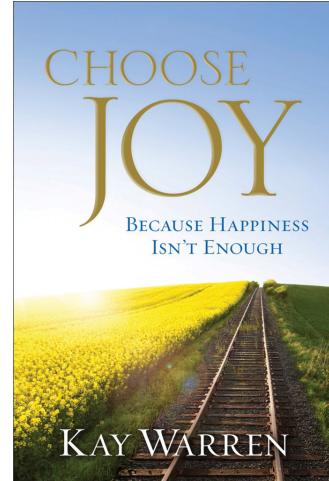
## Choose Joy by Kay Warren

### Fact Sheet

**Title:** *Choose Joy: Because Happiness Isn't Enough*

**Synopsis:** Between tough economic times and everyday “life” struggles sometimes it may feel as if things are hopeless. Happiness doesn’t just seem fleeting, it often seems unattainable.

Kay Warren is no stranger to sorrow and difficulties. Though she lives in the public life as the co-founder of Saddleback Church - one of the nation’s largest and most influential churches in America - with her husband Rick, the circumstances in Kay’s life have not always been perfect. She has personally experienced abuse, two bouts with cancer and various other hardships along with witnessing women and children worldwide who are hurting from HIV&AIDS, hunger, and poverty.



While very difficult, these circumstances have taught Kay valuable lessons about the true meaning of joy. Realizing that many other women struggle with experiencing joy - if they even know what it is - Kay decided the lessons she has learned needed to be shared.

In *Choose Joy: Because Happiness Isn't Enough*, Kay draws from biblical principles and her own life experience to illustrate what joy really is, where to find it, and how to choose it in the good times and the bad.

**Author:** Kay Warren, cofounder with her husband, Rick, of Saddleback Church in Lake Forest, California, is a Bible teacher, a best selling author, and an international speaker. She is an advocate for people living with mental illness, orphaned and vulnerable children, and people living with HIV and AIDS. Her children are Amy and Josh, and Matthew who is in Heaven, and she has five grandchildren. Learn more at [www.kaywarren.com](http://www.kaywarren.com) and follow her on Facebook (Kay Warren) and on Twitter (@KayWarren1).

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**Size:** 6" X 9"

**Website:** <http://www.KayWarren.com>

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### Suggested Interview Questions

1. Can you describe the difference between happiness and joy?
2. You write in *Choose Joy*, life is like a parallel set of train tracks, with joy and sorrow running inseparably throughout our days. How are joy and sorrow always linked?
3. You are very honest about your own struggles in the book, including those in your marriage, with your children and grandchildren's health and even a lifelong battle with mild depression. What have these situations taught you about joy?
4. Many people believe the Bible to be a book of sorrow. What are some of the misconceptions about what the Bible says about joy vs. sorrow?
5. In *Choose Joy*, you discuss how Jesus was, in His essence, a man of joy. What evidence do we have of this?
6. What are some of the false sources of joy to which people often turn?
7. What does it mean to adopt "a value system of Heaven"?
8. In *Choose Joy*, you state that some of Satan's favorite weapons against Christ's followers are illness, pain and loss, but that God can use our suffering to teach us. How can we find "treasures in the darkness"?
9. What are some ways individuals can nurture joy in themselves?
10. Why is it important to nurture joy in others and how can people do that?
11. How can nourishing yourself physically, emotionally and spiritually help in choosing joy daily?
12. In the book, you mention that choosing joy requires getting back to the basics. What are those basics?
13. What are some of the small changes in relationships individuals can make to build a lasting foundation of joy?
14. What actions can individuals take to find the joy in all things?
15. What would you tell someone whose life has been impacted by financial challenges, whose husband has left them or someone whose child has died? What advice can you offer to someone who is dealing with great sorrow in their lives, and how can they choose joy?