

JOY

(Foundation Scriptures)

1. "But the fruit of the Spirit is joy." (Galatians 5:22)
2. "A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken." (Proverbs 15:13)
3. "A merry heart does good like a medicine, but a broken spirit dries the bones." (Proverbs 17:22)
4. "Heaviness in the heart of man makes it stoop, but a good word makes it glad." (Proverbs 12:25)
5. "Weeping may endure for a night, but joy comes in the morning." (Psalm 30:5)
6. "They shall obtain gladness and joy, and sorrow and mourning shall flee away." (Isaiah 35:10)
7. "For the kingdom of God is joy in the Holy Spirit." (Romans 14:17)
8. "Let them also that love Your name be joyful in You." (Psalm 5:11)
9. "To give unto them beauty for ashes, the oil of joy for mourning." (Isaiah 61:3)
10. "And your joy no man takes from you." (John 16:22)
11. "These things have I spoken unto you that my joy might remain in you." (John 15:11)
12. "Neither be sorry, for the joy of the Lord is your strength." (Nehemiah 8:10)

WHAT IS JOY?

Joy (CHARA) means: cheerful, merry, glad.

JOYFULNESS IS....

1. A condition of heart produced by the Holy Spirit of God.
2. Lifting the spirits of those around me.
3. The expression of showing gladness.
4. The result of the presence of God in someone's life.
5. Experiencing joy regardless of external circumstances.
6. The byproduct of a believer who is totally dedicated to Christ.
7. The experience of one who trust in the Lord who never changes.

JOYFULNESS VS. HAPPINESS

- ◆ Happiness is regulated by people around me, what they do to me, events in my life and circumstances I find myself in.
- ◆ Happiness is vulnerable, insecure, unsure and unreliable.
- ◆ Happiness can be here one moment and gone the next.
- ◆ Happiness is dependent upon what is happening to me.
- ◆ Joyfulness is not dependent upon people or circumstances.

- ◆ Joyfulness is not insecure and unreliable.
- ◆ Joyfulness is not here today and gone tomorrow.
- ◆ Joyfulness comes from God and is a result of my trust and commitment to the One who never changes (regardless of my circumstances).

THE “JOY OF THE LORD” IS JUST THAT – “OF THE LORD” WHY IS JOY SO IMPORTANT?

1. Because joy is the great magnet that attracts the unbeliever to Jesus. The world around us is joyless, and a joyful Christian will be a shining light bringing glory to God. Joy attracts people like chocolate attracts ants.
“And the disciples were filled with joy, and with the Holy Ghost.” (Acts 13:52)
2. Because the joy of the Lord is our strength (Nehemiah 8:10). What is it that sustains us in times of grief, loss, or adversity? The strength that sustains us is the result of a deep seated joy in God that cannot be shaken. This joy, the devil wants to steal from you, because if he does, your strength will slip away.
“A cheerful heart does good like medicine, but a downcast spirit makes one sick.” (Proverbs 17:22)

SOME BIBLE OCCASIONS OF JOY

1. A lame man healed; “And he leaping up stood, and walked and entered with them into the temple, walking and leaping and praising God.” (Acts 3:8)
2. Paul, in the midst of danger, death, beatings, stoning, shipwreck, sleepless nights, hunger, thirst and prison; “As sorrowful, yet always rejoicing.” (II Corinthians 6:10) “I am exceeding joyful in all tribulation.” (II Corinthians 7:4) “Rejoice in the Lord always.” (Philippians 4:4) “Rejoice evermore.” (I Thess. 5:16)
3. Everyone at offering time; “Then the people rejoiced and offered their gifts willingly to the Lord.” (I Chronicles 29:9)
4. Paul and Silas in the midst of adversity; “At midnight Paul and Silas prayed and sang praises unto God.” (Acts 16:25)
5. Jesus just before facing crucifixion: “My joy might remain in you.” (John 15:11)

GOD’S PLAN FOR YOU AND OUR CHURCH

“That you might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness.” (Colossians 1:10,11)

PRACTICAL APPLICATION

1. Do you cheerfully greet others with a smile?
2. Do you have a song in your heart throughout the day?
3. Can you take the spoiling of your goods with joy while serving Jesus?
4. Do you give joyfully to the work of God?
5. Can you (with joy) look for the benefits of each situation God allows to come your way?

THE REAL JOY PRODUCERS:

1. Knowing that God makes no mistakes. (Psalm 18:30)
2. Knowing that nothing can separate me from the love of God. (Romans 8:38, 39)
3. Knowing that God always brings good out of what seems evil. (Genesis 50:20)
4. Knowing that God will supply my every need. (Philippians 4:19)
5. Knowing that God will take me through every valley. (Psalm 23:4)
6. Knowing that God works all things together for my good. (Romans 8:28)
7. Knowing that my need can never outweigh God's grace. (II Corinthians 1:4-7)
8. Knowing that God will lead us each step of the way through life. (John 10:27)
9. Knowing that God will finish the work He has started in me. (Philippians 1:6)
10. Knowing that victory has already been secured (we win). (Revelation 21:4-7)

PUTTING IT INTO PRACTICE

What disciplines will strengthen my joy in the Lord?

- 1.
- 2.
- 3.

If attitudes are contagious (and they are) in what specific ways can I express the joy of the Lord to others?

1. Cheerfully greet my family members each morning.
- 2.
- 3.
- 4.
- 5.