

Joy!

Rejoice Always!

Joy comes from knowing God, His love for us, and His salvation. It is not a shallow feeling that comes and goes depending on our circumstances. God wants us to have complete joy all the time. We can do this as we take hold of God's truth and choose to rejoice in Him.

What Is Joy?

1 Thessalonians 5:16 (NIV)

| (16) Rejoice always,

says, "Be joyful always".

How is joy different to happiness?

Philippians 4:4 (NIV)

| (4) Rejoice in the Lord always. I will say it again: Rejoice!

In what way is joy more than a feeling?

In what ways do you think joy keeps us strong?

Habakkuk 3:17-18, 2 Corinthians 6:10

Habakkuk 3:17-18 (NIV)

(17) Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls,

(18) yet I will rejoice in the Lord, I will be joyful in God my Savior.

2 Corinthians 6:10 (NIV)

(10) sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.

Is it possible to be joyful in difficult times? How?

James 1:2-4 (NIV)

(2) Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,

(3) because you know that the testing of your faith produces perseverance.

(4) Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Why should we be joyful in difficult times?

Increasing Joy

According to these verses, how can we increase our joy?

Psalms 21:6 (NIV)

| (6) Surely you have granted him unending blessings and made him glad with the joy of your presence.

Luke 10:20 (NIV)

| (20) However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."

Romans 12:15 (NIV)

| (15) Rejoice with those who rejoice; mourn with those who mourn.

1 Corinthians 13:6 (NIV)

| (6) Love does not delight in evil but rejoices with the truth.

Galatians 5:22 (NIV)

| (22) But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,

Philippians 4:4 (NIV)

| (4) Rejoice in the Lord always. I will say it again: Rejoice!

Ask a Friend

How has joy helped you through a difficult time?
Do you have any other questions about joy?

Application

How can a better understanding of joy help you in your life?
What's holding you back from having joy everyday?
What can you do this week to practice being joyful and increase the joy in your life?

Prayer Model

Lord Jesus, I thank You that You want me to have joy, and I thank You that, through you, I can have it in every situation. I thank You for saving me and that You are always with me.

Key Verse

Philippians 4:4 (NIV)

| "Rejoice in the Lord always. I will say it again: Rejoice!"