

# Bible Studies

## JOY



**What is Joy?**  
**What is Happiness?**  
**What is fun?**



### **Joy is a gift from God:**

*You have filled my heart with greater joy than when their grain and new wine abound. Psm 4:7*  
*You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, Psm 30:11*  
*Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, 1 Peter 1:8*



### **This Gift is found in our salvation**

*With joy you will draw water from the wells of salvation. Isa 12:3*  
*Restore to me the joy of your salvation. Psa 51:12*

Joy in Scripture is often associated with worshiping God, this should bring Joy and be a joy. Most of the references to joy in the Bible fall into five categories.



### **Festival**

*Deut 16:15*  
*2 Chronicles 30:26*  
*Ezra 6:22*  
*Nehemiah 8:12&17*  
*Esther 8:17*  
*Psalm 27:6*



### **Presence**

*Leviticus 9:24*  
*1 Chronicles 16:27*  
*1 Chronicles 29:22*  
*Psalm 16:11*  
*Psalm 21:6*  
*1 Thessalonians 3:9*



### **Obedience**

*Psalm 19:8*  
*Psalm 119:111*  
*Proverbs 10:28*  
*John 15:10-11*



### **Holy Spirit**

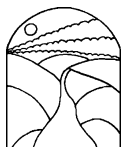
*Luke 10:21*  
*Acts 13:52*  
*Romans 14:17*  
*Galatians 5:22*  
*1 Thessalonians 1:6*



### **Trust**

*Psalm 28:7*  
*Psalm 21:1*  
*Psalm 126:3*  
*Rom 15:13*

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## What is Christian Joy rooted in?



### What if there is no Joy?

*What has happened to all your joy? I can testify that, if you could have done so, you would have torn out your eyes and given them to me. Galatians 4:15*

It seems to me that if there is no joy then one of the above elements is probably missing. In the case of the Galatians they had departed from obeying God. They had also become 'religious'.

### Does everyone have the right to be happy?

**If we are disobeying God, are we likely to have joy in our lives?**

**If we don't believe God's promises are we likely to have joy in our lives?**

**If we do not believe what God has said about us are we likely to have Joy?**

Often we are miserable because we believe the Enemies lies instead of God's truth.

**How much of our level of joy is associated to our attitude toward life & God?**

### Is God's joy automatic?

*Isaiah 58:14 then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken.*

**Where is Joy found? Is the word 'find' significant?**

### Can circumstances rob us of our Joy?

*I have great confidence in you; I take great pride in you. I am greatly encouraged; in all our troubles my joy knows no bounds. 2 Corinthians 7:4*

*Out of the most severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. 2 Corinthians 8:2*



**How could Paul still have Joy in the face of all kinds of trouble?**

**Why do you think the Enemy is so keen to rob us of our joy?**

**What is likely to happen if the Enemy succeeds in taking our Joy?**

### How should Christians express their joy?

**What things are going to increase your joy?**

### Is it wrong for a Christian to be miserable?

*weeping may remain for a night, but rejoicing comes in the morning. Psa 30:5*

*Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him. Psa 126:5-6*

Two of the signs of mental health are; the ability to show appropriate emotion Rom 12:15; and expressing spontaneous joy. Jesus showed such out bursts of Joy, Mat 11:25.

**Is the Christian walk supposed to be miserably?**



### Joy and Strength

*This day is sacred to our Lord. Do not grieve, for the joy of the LORD is your strength." Nehemiah 8:10*

*Sing for joy to God our strength; shout aloud to the God of Jacob! Psalms 81:1*

*A happy heart makes the face cheerful, but heartache crushes the spirit. Prov 15:13*



### Joy and Satisfaction

*So I commend the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun. Ecclesiastes 8:15*

*Be happy, young man, while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you to judgment. Ecclesiastes 11:9*

Paul learned the secret of being content in all circumstance. Hebrews tells us to be content with what we have. This is one of the secrets of happiness.