



Joy! What Is It?



Galatians 5:22 tells us that JOY is a fruit of the Holy Spirit, produced by the indwelling of the Holy Spirit in us. Joy is: a very glad feeling; great pleasure; emotional excitement over blessings received or expected. It is a gift from God that resides within us and no outward circumstance can take it from us. We can only lose it if we give it away.



The Bible says:



1. Joy is a gift from God.

Romans 15:13 "Now the God of hope fill you with all joy and peace in believing. . . through the power of the Holy Spirit."

Because joy is a gift from God, anything that takes away your joy is not from God. Therefore, joy becomes a standard of measure of your Christian walk. If you allow your joy to be stolen by someone or something, then that person or thing has become bigger than God to you. It's not just big things that can steal joy, many times it's the little things that we let get us down. Be careful to guard your joy. Let nothing steal it from you.



2. Joy is your source of strength.

Nehemiah 8:10 ". . . the joy of the Lord is your strength."

When you feel weak, and seem to have no strength left, the joy of the Lord will strengthen you if you refuse to feel sorry for yourself, and choose instead to remember that the Lord your God is a holy God and He has promised that His joy is your strength. His joy is based on His eternal promise of eternal life in glory. The devil tells you that you can't win; God tells you that you can't lose! So, be patient and be strong in the joy of your Lord! God is not honored by sorrow and weeping. He is honored by our joy in Him.



3. Joy is the reason our prayers are answered.

John 16:24 "Until now you have asked nothing in My Name; ask, and you shall receive, that your joy may be full."

Joy can't change circumstances that happen, but prayer can. When, as a believer, you pray to the Father in the Name of Jesus about the circumstances in Your life, He has promised that you shall receive the answer to your prayer so that your joy can be full. And, even if the circumstances take time to work out according to God's will, your joy will keep you on top of them, not burdened down underneath them.



4. Joy is Jesus' joy fulfilled in us.

John 15:11 "These things have I spoken unto you, that My joy might remain in you, and that your joy might be full."

Why was it so important to Jesus that we should be filled with His joy after He returned to heaven? Why would our joy be fulfilled by knowing we were filled with His? It was because He knew the only way we could obey His commandments to His church to love

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one another would be if we had joy! Depressed people don't give out love; their thoughts are only on themselves. If you're having trouble loving people, (and yourself), check your joy level.



5. Joy is a disciples reward.

Acts 13:52 "And the disciples were continually filled with joy and the Holy Spirit."

In order to be strong against persecution, and to continually carry the message of salvation through Jesus Christ to a lost and dying world, the disciples had to be constantly filled with joy and the Holy Spirit. The more they were put in prison, or beaten, or mistreated, the greater their joy grew. They counted it all joy when they encountered trials, because their faith grew through the trials. Would that we could be such disciples for Jesus!



6. Joy is unconditional.

Romans 14:17,18 "The Kingdom of God is not meat and drink; but righteousness, peace and joy in the Holy Spirit. For he that in these things serves Christ is well pleasing to God. . . ."

Joy is unconditional because it is based on the Word of God and conditions cannot change it. Happiness, on the other hand, is conditional because it is based on circumstances being undisturbed and under control. That's why joy is the third pillar of the Kingdom of God, because if we are serving Jesus with joy, no matter how difficult the circumstances of our life are, then we are very pleasing to God.



7. Joy is the opposite of sorrow.

John 16:20,22 "Truly, I say to you, 'You shall weep and be sorrowful, but your sorrow shall be turned into joy.'"

"You now have sorrow; but I will see you again and your heart will rejoice, and your joy no man takes from you."

Sorrow is our mental and emotional response to the loss of something or someone we wanted to keep. There can be many kinds of loss that cause sorrow: The death of a loved one; divorce; loss of home or possessions; loss of relationships. And, just as painful, loss of innocence through abuse; loss of hopes and dreams; loss of trust in others, or ourselves; loss of self-esteem, and many more. Even when we are in sorrow, joy is still there inside of us. Jesus said if we will come to Him when we are exhausted in our mind, and overburdened with sorrow, we will find rest and quiet in our spirit, (where our joy is), even in the midst of the storms of life. *"Weeping may endure for a night, but joy comes in the morning."* (Psalm 30:5b)



8. Joy can be restored.

Psalm 51:12 "Restore unto me the joy of Your salvation; and uphold me with Your free Spirit."

When we sin, our joy can be lost in guilt and self-condemnation. The overwhelming regret for what we have done can make us feel separated from God, until we accept

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the forgiveness of our sins that Jesus died to give us. Then we will cry out, as David did when he cried out to God: “*Create in me a clean heart O God, and renew a right spirit within me: Restore unto me the joy of Your salvation!*”

9. Joy is fulfilled in the presence of God.

Psalm 16:11 “. . . in Your presence is fullness of joy; and at your right hand there are pleasures forever.”



Joy originates with God. It resides in His presence. We have a measure of joy during our life here on earth that He has given us, but the glorious experience of being completely filled with joy will not happen until we are in His presence. That is the glorious promise of our salvation, that we who have accepted Jesus as Saviour and Lord will come to God with singing, and everlasting joy will be upon our head; we shall obtain joy and gladness, and sorrow and crying shall be no more.



10. Joy is the reason Jesus endured the cross.

Hebrews 12:2 “Looking unto Jesus . . . who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

To be a follower of Jesus, we have to keep ourselves from becoming discouraged by the problems of this world, and by all the sin around us that constantly tries to entangle us and trip us up in our Christian walk. We must keep focused, in our spirit, on Jesus because He is the source of our faith. He endured the opposition and hatred that put Him on the cross, for the joy that was waiting for Him in heaven. When we compare His suffering to our trials, ours will not seem too heavy to bear, knowing we will experience the same joy in heaven with Him. Can you believe it?

11. Joy is the result of believing in Jesus.

1 Peter 1:8 “. . . Though now you see Him not, yet believing, you rejoice with joy unspeakable and full of glory.”



Joy is future; it comes from an anticipated event. There has to be a reason for joy. Like a bride who is anticipating her wedding. She has joy for months before the actual wedding, because of the joy that awaits her. We rejoice because we have been born again through the resurrection of Jesus Christ to an inheritance waiting in heaven for us, that cannot be stolen or destroyed. So, even if we have trials and problems now that test our faith, we must still rejoice with joy unspeakable for the glory that is set before us!

12. Joy is the reward for being faithful to God.

Matthew 25:21 “Well done good and faithful servant; you have been faithful over a few things. I will make you ruler over many things, enter into the joy of your Lord.”



God gives His children gifts and talents, and He rewards those who use them to glorify Him and win souls. He gives us the faith to use our gifts WHEN we use them. He expects us to use them, that’s why He gave them to us. If we hold back in fear, we are of no use in furthering the gospel. But, if we stir up the gifts that are in us, even though they may seem small, we will be rewarded for being faithful and will be given greater works to do and the greater faith to do them. God is faithful! He is the fountain of all joy!



Joy! What Is It?

1. When we feel weak, what would strengthen us?

2. When the devil tells you that you can't win, what does God tell you?

3. Why does God answer our prayers?

4. Why do we have to have joy in order to love one another?

5. What did Jesus' disciples do when they encountered trials?

6. Why is joy unconditional?

7. Where can we find peace in the middle of the storms of life?

8. When we repent of sin and feel guilty, what will God do if we ask Him?

9. When will our joy be completely fulfilled?

10. What does God uphold us with? (Psalm 51:12)
(The answer to this question will be your memory verse)

MEMORY VERSE _____

Joy! What Is It?

1. When we feel weak, what would strengthen us?

The joy of the Lord.

2. When the devil tells you that you can't win, what does God tell you?

You can't lose!

3. Why does God answer our prayers?

So our joy can be full.

4. Why do we have to have joy in order to love one another?

Depressed people don't give out love.

5. What did Jesus' disciples do when they encountered trials?

They counted it all joy.

6. Why is joy unconditional?

Because it's based on the Word of God.

7. Where can we find peace in the middle of the storms of life?

In our spirit where our joy is.

8. When we repent of sin and feel guilty, what will God do if we ask Him?

Restore the joy of our salvation.

9. When will our joy be completely fulfilled?

In the presence of God.

10. What does God uphold us with? (Psalm 51:12)

MEMORY VERSE "Restore unto me the joy of Your salvation; and uphold me with Your free Spirit."