

# Lesson Thirteen Walking In Joy

Psalm 16:11, You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.

Psalm 118:24, This is the day the LORD has made; We will rejoice and be glad in it.

"Joy is a perpetual gladness of the heart that comes from knowing, experiencing, and trusting Jesus." "Joy is that inward peace and sufficiency that is not affected by outward circumstances."

### Joy is Part of the Abundant Life Jesus Gives.

John 10:10, The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full"

A **snare** is a device or trap that is used to catch and hold or kill an intended prey.

### Three Snares Satan Uses To Rob Our Joy:

- 1. Legalism Faith in my works (Galatians 5:1)
- 2. License Faith without works (Galatians 6:7-8)
  - 3. Deception (II Corinthians 11:3)

Romans 15:13, May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

#### Joy and Sorrow

Proverbs 17:22, A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Romans 12:15, Rejoice with those who rejoice; mourn with those who mourn.

Ecclesiastes 3:1,4, There is a time for everything ... a time to weep and a time to laugh, a time to mourn and a time to dance.

James 4:8, Come near to God, and God will come near to you. You sinners, clean sin out of your lives. You who are trying to follow God and the world at the same time, make your thinking pure.

**Psalm 126:5-6,** 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.

### Rejoicing Plays an Important Part in Joy.

Philippians 3:1 Finally, my brethren, rejoice in the Lord. To write the same things again is no trouble to me, and it is a safeguard for you.

Philippians 4:4 Rejoice in the Lord always; again, I will say, rejoice!

#### We Rejoice Because:

- •We Have Peace With God (Rom.5:1-2,11).
- We Have A Share In Christ's Inheritance (Col.1:11-12).
  - Our Names Are Written In Heaven (Luke 10:20).
- ■We Have Been Released From Satan's Bondage (Acts 8:5-8).
  - ■We Have Received Such A Great Salvation (Psalm 13:5).

### Joy is a Fruit.

**Galatians 5:22** 

Romans 14:17, For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

### The Oil of Joy

Hebrews 1:9, You have loved righteousness and hated wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy.

**Isaiah 61:3,** "...to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair..."

#### The Secret to Joy

John 15:11, I have told you this so that My joy may be in you and that your joy may be complete.

John 17:13, I say these things while I am still in the world, so that they may have the full measure of My joy within them.

Zephaniah 3:17, The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in His love He will no longer rebuke you but will rejoice over you with singing.

#### Unconquerable Joy

Luke 6:22-23, Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man. Rejoice in that day and leap for joy, because great is your reward in heaven.

James 1:2, Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.

I Peter 1:8, 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.

Jude 24, Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy.

#### Jesus's Joy in You

John 15:10-11, If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love. These things I have spoken to you, that My joy may remain in you, and that your joy may be full.

#### Joy Protects From Religion

### 1. Joy Keeps You Safe as You Serve.

# 2. Joy Keeps You Safe from Temptation.

### Two Physical Benefits from Walking in Joy:

- 1. You Are Healthier.
- 2. You Are More Approachable.

### Four Keys to Cultivating a More Positive and Joyful Attitude:

- 1. Associate with Positive Joyful People
- 2. Put Yourself on a No Complaining Challenge
  - 3. Be Other Focused
    - 4. Laugh Regularly

# "Life doesn't have to be perfect to be filled with joy."

#### **Bible Study Follow-Up Chat Questions:**

- 1. What was your greatest takeaway from today's lesson?
- 2. Christian Joy is...
- 3. What are the three snares mentioned in the lesson that will rob your joy?
- 4. List some reasons why Christians should rejoice.
- 5. Why is worldly joy temporary?
- 6. What does it mean to "rejoice always?"
- 7. Sin can steal your joy. How so?
- 8. How can one strengthen their joy?