



JOY IN THE JOURNEY A Bible Study on "Joy"

Sing "I've Got the Joy, Joy, Joy, Joy" in "All God's People Sing" *CPH*

In his book *I Am Third*, Gale Sayers, former football star, talks about a coach who had this placard on his desk: "I Am Third." He told Gale it meant, "The Lord is first, my friends are second, and I am third." An acronym for JOY is Jesus, Others, You. That is a great way to think about having joy.

This is not the way it seems to be in today's society. It is a "me first" world. It is all about me. What can the world do for me?

Does that make people happy? Do they have joy in their lives? Probably not.

Real joy comes from helping others. Putting Jesus first and others ahead of ourselves, we can find joy. When you think of the word "joy," what other words come to mind? Can you think of any words that are opposite of joy?

Read Nehemiah 8:10. What is the background?

Why are the people celebrating?

Did they feel like celebrating in the beginning? Why or why not?

Read Ecclesiastes 7:14. Joy is usually connected with happy and uplifting thoughts. Can we have joy in our lives even when things aren't going well? Why?

God allows both good and bad times in our lives. He wants us to know He will be with us through it all.

Look up some passages regarding joy. Look for other words that are used instead of joy:

John 15:11

Job 16:5

Ecclesiastes 3

Psalms 100

Psalms 96

Share others.

Is life always joyous? Why or why not?

What makes life less joyous? More joyous?

What can we as Christians do to have more joy in our lives?

What faith milestones in your life have brought you joy?

Think about your favorite Bible verse(s). Share the verse(s) and why it/they are your favorite. How do they make you feel?

Do you recite them out loud or silently? Why?

Has your favorite verse changed over the years?

Are there different ones for different situations?

Some people turn to the Psalms for strength, Proverbs for wisdom, John for guidance, Romans for doctrine, and Revelation for a look at heaven. When you are facing major decisions, struggles and joys, where in the Bible do you turn?

Do you go to a specific book or section? Please share what you do and why.

Read Philippians 4:4-7. Praying gives joy; joy gives strength. Picture joy as a net of love by which, you can attract unbelievers. A joyful heart is one which is a result of a heart overflowing with love. The best way to show our gratitude to the Lord and to others is to be joyful. Our greatest joy is to remember and celebrate Christ's dying on the cross for our sins and His resurrection. That gives us real joy!

PRAYER: Lord, thank You for the joy You give us even when sometimes we don't feel joyful. Grant us this joy on those days so we may see You in the busyness of our lives. Thank You for keeping us close to You even when we feel You are far away. In Jesus' Name we pray. Amen.