

JOY

DISCOVERING GOD'S JOY

Edited by Lisa Engdahl
Adapted from George & Dorothy Mathieson





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his booklet is designed to help you discover and reflect God's **JOY**. Take your time with this booklet. Make it a prayer that lasts through your day. Find ways to make observations throughout your day of places where you observe, sense, and discover **JOY**.



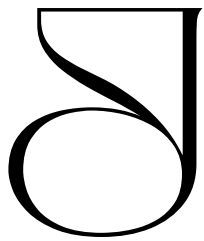
As you start each day, use a simple quieting prayer like,
“Thank you Jesus for your love.”

Read Psalm 66

“Shout with JOY, all the earth! ...” continue reading in your bible.

JOY! This Psalm is about deep, abiding
JOY in God and in being God's child.
What a concept!

What is this **JOY** about? Jot down some things this Psalm shows
you about **JOY**



JOY means...

You are glad to be with

Jesus

Others

Yourself

Jesus is glad to be with you.

Others are glad to be with you.

You are glad to be with yourself.

Here are a few of the many ways to

Build **JOY**

Celebrate **JOY**

Share **JOY**

Read these scriptures on JOY

JOY is where we belong, at peace with our ever-present God who delights in us with love songs...

“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.” - Zephaniah 3:17

JOY gives strength even in pain...

“Do not grieve, for the JOY of the Lord is your strength.” - Nehemiah 8:10

JOY stops us from getting stuck in negative emotions...

“I will turn their mourning into gladness; I will give them comfort and JOY instead of sorrow.” - Jeremiah 31:13

JOY is the basis of all secure loving relationships with God, others and ourselves...

“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

“I saw God's work and shouted for JOY.”

“For you make me glad by your deeds, Lord; I sing for JOY at what your hands have done.” - Psalm 92:4

“In your presence there is fullness of JOY.” - Psalm 16:11

JOY Story

Write a story of a time you experienced the presence of Jesus.

“Perfume and incense bring JOY to the heart, and the pleasantness of a friend springs from their heartfelt advice.” - Proverbs 27:9

Other than your family, who are some of the people who bring you JOY?

To whom do you bring JOY?

“He will yet fill your mouth with laughter and your lips with shouts of JOY.” - Job 8:21

Things that make you laugh

“Sing, O heavens! Be JOYful, O earth! And break out in singing, O mountains! For the Lord has comforted His people, and will have mercy on His afflicted.” - Isaiah 49:13

A song or poem that expresses **JOY** or brings you **JOY**

“For we have great JOY and consolation in your love, because the hearts of the saints have been refreshed by you, brother.” - Philemon 1:7

Places that bring you **JOY**

"From now on, when the rainbow appears I'll remember My covenant between Me and you." - Genesis 9:15

What colors and/or smells bring you **JOY**?

"REJOICE in the Lord always. I will say it again: REJOICE!"
- Philippians 4:4

What photos bring you **JOY**?

"God saw everything He had made: and it was very good." - Genesis 1:31

Where do you find **JOY** in creation?

Read over these phrases

JOY is a fruit of the Holy Spirit. Its roots are in God's purpose.

JOY is the echo of the life of Jesus in us.

JOY is not the absence of suffering.

JOY is a sign that life has found its purpose.

JOY springs from within. No one makes you **JOYful**. You choose **JOY**.

En**JOY** life. This is not a dress rehearsal.

Seeing others grow gives us great **JOY** and spurs us on too.



Which of the above phrases speaks to you today?

“Be JOYful in hope, patient in affliction, and faithful in prayer!”

- Romans 12:12

Actions that bring You JOY or spread JOY to others?

“Indeed, you are our glory and JOY.” - 1 Thessalonians 2:20

Ways Your family brings you JOY

“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.”

- Romans 15:13

Suprises that have brought you JOY

“The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for JOY, and with my song I praise Him.”

- Psalm 28:7

Ways you have experienced **JOY** in worship; worship songs that give you **JOY**

“Light shines on the righteous and JOY on the upright in heart.” -Psalm 97:11.” - Psalm 97:11

Your journey back to **JOY**

JOY Quotes

“JOY is prayer—JOY is strength—JOY is love—JOY is a net of love by which you can catch souls.” - Mother Teresa

“The beating heart of the universe is holy JOY...” - Martin Buber

“The result of being so accustomed to God's presence is a constant inner JOY...” - Brother Lawrence

“JOY can only be real if people look upon their life as a service and have a definite object outside themselves and their personal happiness...” - Leo Tolstoy

“JOY is a mystery because it can happen anywhere, anytime, even under the most unpromising circumstances, even in the midst of suffering. Even nailed to a tree...” - Frederick Beuchner

“The first great decision of every day is to have my soul happy in the Lord...Otherwise all this [work with orphans] might not be attended to in a right spirit.” - George Mueller

What is God saying to you through the previous quotes?

“Satisfy us in the morning with your unfailing love that we may sing for JOY and be glad all our days.” - Psalm 90:14

Ways to start each morning with **JOY**

“Then young women will dance and be glad, young men and old as well. I will turn their mourning into gladness; I will give them comfort and JOY instead of sorrow.” - Jeremiah 31:13

Ways to experience **JOY** in the midst of suffering

“So you do indeed feel grief now, but I am going to see you again. Then your hearts will be full of JOY, and no one will take your JOY away from you.” - John 16:22

Jesus death and resurrection destroyed all that kills JOY. Thoughts?



What Jesus thinks of you

"...You created my inmost being; you knit me together in my mother's womb." - Psalm 139:13

"You are not a mistake."

*"...fixing our eyes on Jesus, the author and perfecter of faith, who for the JOY set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."
- Hebrews 12:2*

"I died for your JOY."

*"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."
- Matthew 6:31-33*

"I meet all your needs."

*"But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin." -
1 John 1:7*

"I have pronounced you clean."

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." - Romans 8:38-39

"Nothing will separate you from My love."

I tell you that in the same way there will be more REJOICING in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.” - Luke 15:7

**“You're
welcome
home.”**

Which of these promises is important to you? Why?

My JOYful response to Jesus

My Rock (Psalms 18:2)

My Defender (Deuteronomy 1:30)

My Savior (1 John 4:14)

My Hope (Colossians 1:27)

My Strong Tower (Psalms 140:7)



Record a JOY moment each day this week

JOY building helps us:

Know we belong

Not get stuck in negative emotions

Strengthen as we face life's challenges

Increase our capacity to grow and reach out

To be the person God created us to be

What are some small things you can do each day or each week that give you **JOY**?

What are some regular rhythm's to your day, week or year that could build your **JOY**?

(For example: Daily times with Jesus, Exercise, Weekly sabbath time, Monthly days of prayer, Celebrating important **JOY** memories/occasions/holidays, Times set aside for rest, fun or learning). What will you do during these **JOY**ful times? Schedule them and anticipate the **JOY** that is coming.



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