



The Art of Finding Joy

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Introduction: The Bible teaches us that joy is a deep sense of gladness and contentment that comes from knowing and trusting in God. It emphasizes that joy is not dependent on circumstances but rather on a relationship with God. Joy is often portrayed as a fruit of the Spirit, something that grows within believers as they walk with God.

The Bible encourages us as believers to rejoice always, even in trials, and to find joy in serving others, worshiping God, and experiencing His presence.

Ultimately, the Bible teaches that true and lasting joy is found in Jesus Christ.

5 things the Bible tells Believers about Joy

1. Rejoice Always

- a. 1 Thessalonians 5:16 instructs believers to “rejoice always.” This command emphasizes that Joy is not circumstantial, but a continual attitude of the heart rooted in trust and faith in God.

2. Source of Joy

- a. God is the ULTIMATE source of Joy. In Psalms 16:11, it says “you make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.” This verse highlights that true and lasting joy is found in God’s presence.

3. Fruit of the Spirit

- a. Galatians 5:22 lists joy as one of the fruits of the Spirit. This means that joy is a characteristic that the holy spirit produces in the lives of the believers as they walk in obedience to God.

4. Joy in Trials

- a. James 1:2-3 encourages believers to consider it pure joy when they face trials, knowing that the testing of their faith produces perseverance. This teaches that even in difficult circumstances, believers can find joy in the knowledge that God is working in and through their trials for their ultimate good.

5. Joy in Salvation



- a. Psalms 51:12 expresses the desire for God to restore the joy of salvation to repentant believers. This verse highlights that salvation brings a profound and lasting joy that comes from being reconciled to God.

3 Character Examples

1. Paul

- a. While imprisoned in Rome, Paul wrote the letter to the Philippians, expressing joy and gratitude for the Philippian believers' participating in the Gospel despite his difficult circumstances. He writes, "I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy." (Philippians 1:3-4)

2. David

- a. In 2 Samuel 6, David joyfully brings the Ark of the Covenant to Jerusalem, dancing before the Lord with all his might. He demonstrates his joy and reverence for God, even amid criticism from his wife Michal, showing his unwavering devotion to worship and praise.

3. Jesus

- a. One notable example of Jesus displaying joy is found in Luke 10:21 when he rejoices in the Holy Spirit after his disciples return from a successful mission. He praises God for revealing the truths of the Kingdom to the humble and childlike, demonstrating joy in the fulfillment of God's purposes.