



JOY

FOR THE JOURNEY

Jesus Knows - Jesus 'Gets It'

I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]

John 16:33 (Amplified Bible)

In the Midst of Trouble Jesus Gives Us HIS Peace

Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

John 14:27 (Amplified Bible)

LORD, help me! You have promised to give me this AMAZING gift of Your peace.

- ▶ to not let my heart be troubled, neither let me be afraid.
- ▶ with Your help I will stop allowing myself to be agitated and disturbed;
- ▶ and with Your help I will not permit myself to be fearful and intimidated and cowardly and unsettled!

I make the CHOICE to walk in YOUR peace and trust Your Word.

How Did Jesus Get Through His Horrific Ordeal?

...looking to Jesus, the founder and perfecter of our faith, 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.

Hebrews 12:2

Writers of the New Testament Understood Joy

2. Consider it wholly joyful, my brethren, whenever you are enveloped in or encounter trials of any sort or fall into various temptations.
3. Be assured and understand that the trial and proving of your faith bring out endurance and steadfastness and patience.
4. But let endurance and steadfastness and patience have full play and do a thorough work, so that you may be [people] perfectly and fully developed [with no defects], lacking in nothing.

James 1:2-4 (Amplified Bible)

This is what WILL come about in our lives if we consider it all joy!

- ▶ it will prove our faith, to Him and ourselves & others will see it!
- ▶ It will bring out endurance and steadfastness and patience.
- ▶ AND endurance and steadfastness and patience will do a thorough work, so that... we may be perfectly and fully developed, with no defects, lacking in nothing!

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

2 Corinthians 3:18

8. Though you have not seen Him, you love Him. Though you do not now see Him, you believe in Him **and rejoice with joy that is inexpressible and filled with glory,**

9. obtaining the outcome of your faith, the salvation of your souls.

1 Peter 1:8-9

Joy is a Divinely Powerful Weapon.

The thief comes only in order to steal and kill and destroy.

I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).

John 10:10 (Amplified Bible)

PSALM 98.

The psalmist exhorteth the Jews, & the Gentiles,
7 and all the creatures to praise God.
A Psalm.

SING unto the LORD a new song: for he
hath done marvellous things: his right
arm, and his holy arm, hath gotten him the
victory. LORD hath made known his salva-

PSALM 101.

David maketh a vow and profession of
A Psalm of David.

I WILL sing of mercy and judgment
unto thee, O LORD, will I sing.
2 I will behave myself wisely in
all my way. O when wilt thou come
unto me? O when wilt thou come
within my house? will I walk
within my house with
a clean heart.
3 I will set no wicked thing

What About Our Tears?

What about the genuinely tough and desperately sorrowful things we do go through? Tears are important, grief is a process that impacts all our lives in many ways. Jesus wept when Lazarus died. The promise of God has always been to take away the sorrow of His people and replace it with joy.

Weeping may stay for the night, but rejoicing comes in the morning.

Psalm 30:5

Those who sow with tears will reap with songs of joy.

Psalm 126:5

He will wipe away every tear from their eyes,
and death shall be no more, neither shall there
be mourning, nor crying, nor pain anymore,
for the former things have passed away.

Revelation 21:4

Hence the saying "This too shall pass!"

What Brings God Joy?

Genesis to Revelation

What delights His heart?

God Delights in Those Who Follow Christ

7. Just so, I tell you, there will be more joy in heaven over one sinner who repents.

10. Just so, I tell you, there is joy before the angels of God over one sinner who repents.

Luke 15:7 & 10

God Delights in Those Who Fear Him
Those who have a truly reverential awe of Him,
for He is a Holy and just God.

O Lord, let Your ear be attentive to the prayer
of Your servant, and to the prayer of Your
servants **who delight to fear Your name.**

Nehemiah 1:11

God Delights in Those Who are Obedient and Do His Will

And Samuel said, "Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to listen than the fat of rams."

Nehemiah 1:11

I delight to **do** your will, O my God;
Your law is within my heart.

Psalms 40:8

God Delights in Those who Delight in His Righteousness

Let those who delight in My righteousness shout for joy and be glad and say evermore, "Great is the LORD, who delights in the welfare of His servant!"

Psalm 35:27

God Delights in Those Who are Truthful, Deal Honestly & Faithfully.

A false balance is an abomination to the
LORD, but a just weight is His delight.

Proverbs 1:11

Behold, You delight in truth in the inward being,
and You teach me wisdom in the secret heart.

Psalms 51:6

Lying lips are an abomination to the LORD,
but those who act faithfully are His delight.

Proverbs 12:22

...but let him who boasts boast in this, that
he understands and knows Me, that I am the
LORD who **practices steadfast love, justice,
and righteousness in the earth. For in
these things I delight, declares the LORD.**

Jeremiah 9:24

God Blesses Those who Delight in His Word

1. Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;
2. but his delight is in the law of the LORD, and on His law he meditates day and night.
3. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

Psalm 1:1-3

For I delight in the law of God, in my inner being.

Romans 7:22

Joy on the Journey - Outcomes For God's Children: We find wonderful joy in our and others salvation!

For the LORD takes pleasure in His people;
He adorns the humble with salvation.

Psalm 149:4

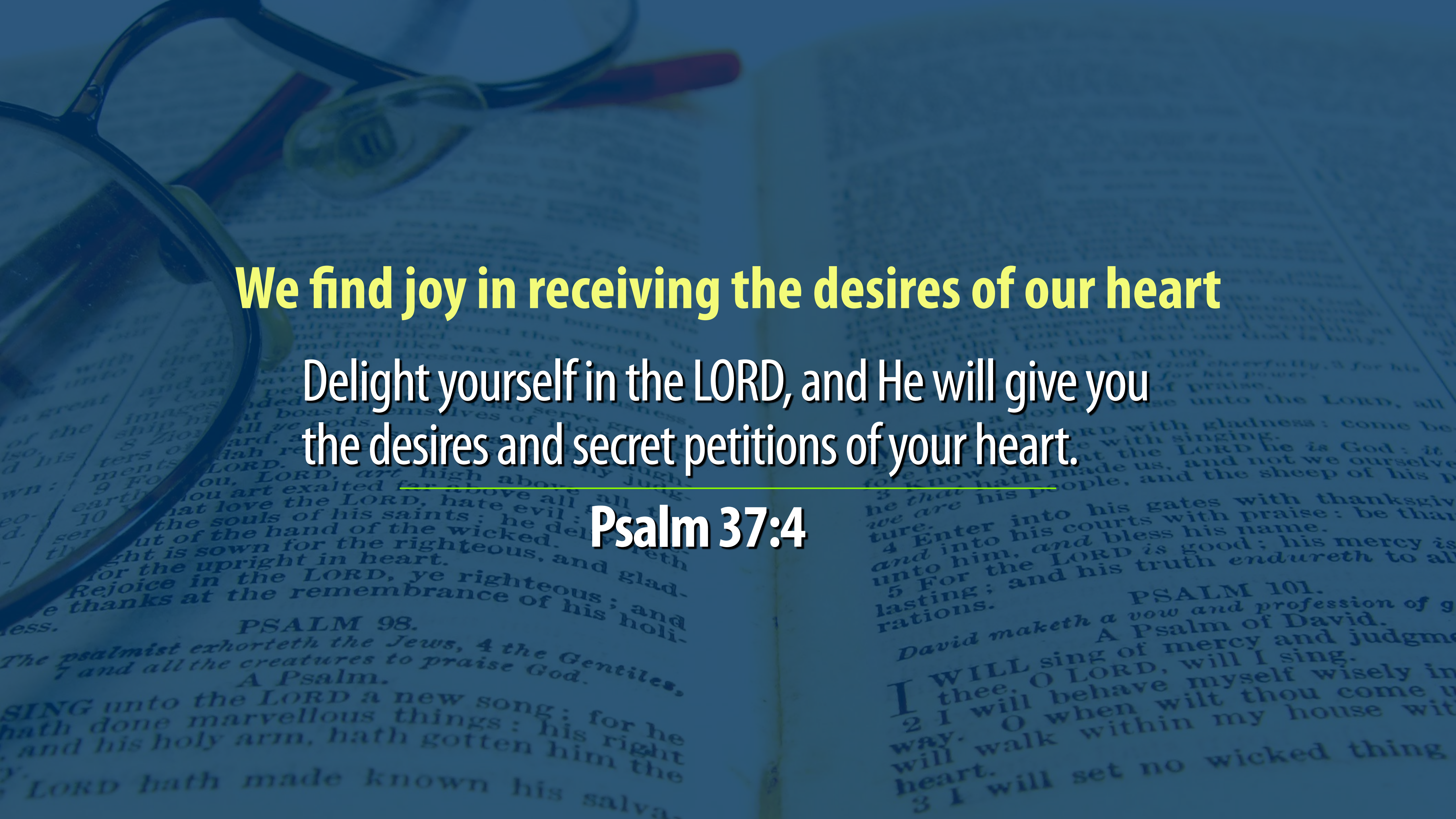
So, being sent on their way by the church, they passed through both Phoenicia and Samaria, describing in detail the conversion of the Gentiles, and brought great joy to all the brothers.

Acts 15:3

We find joy in receiving the desires of our heart

**Delight yourself in the LORD, and He will give you
the desires and secret petitions of your heart.**

Psalm 37:4



**We find the joy of the LORD in strength,
protection and refuge.**

...for the joy of the LORD is your strength.

Nehemiah 8:10

**But let all who take refuge in You rejoice; let them ever
sing for joy, and spread Your protection over them,
that those who love Your name may exult in You.**

Psalms 5:11

We find the joy of the LORD in His victories.

And all the people went up after him, playing on pipes, and rejoicing with great joy, so that the earth was split by their noise.

1 Kings 1:40

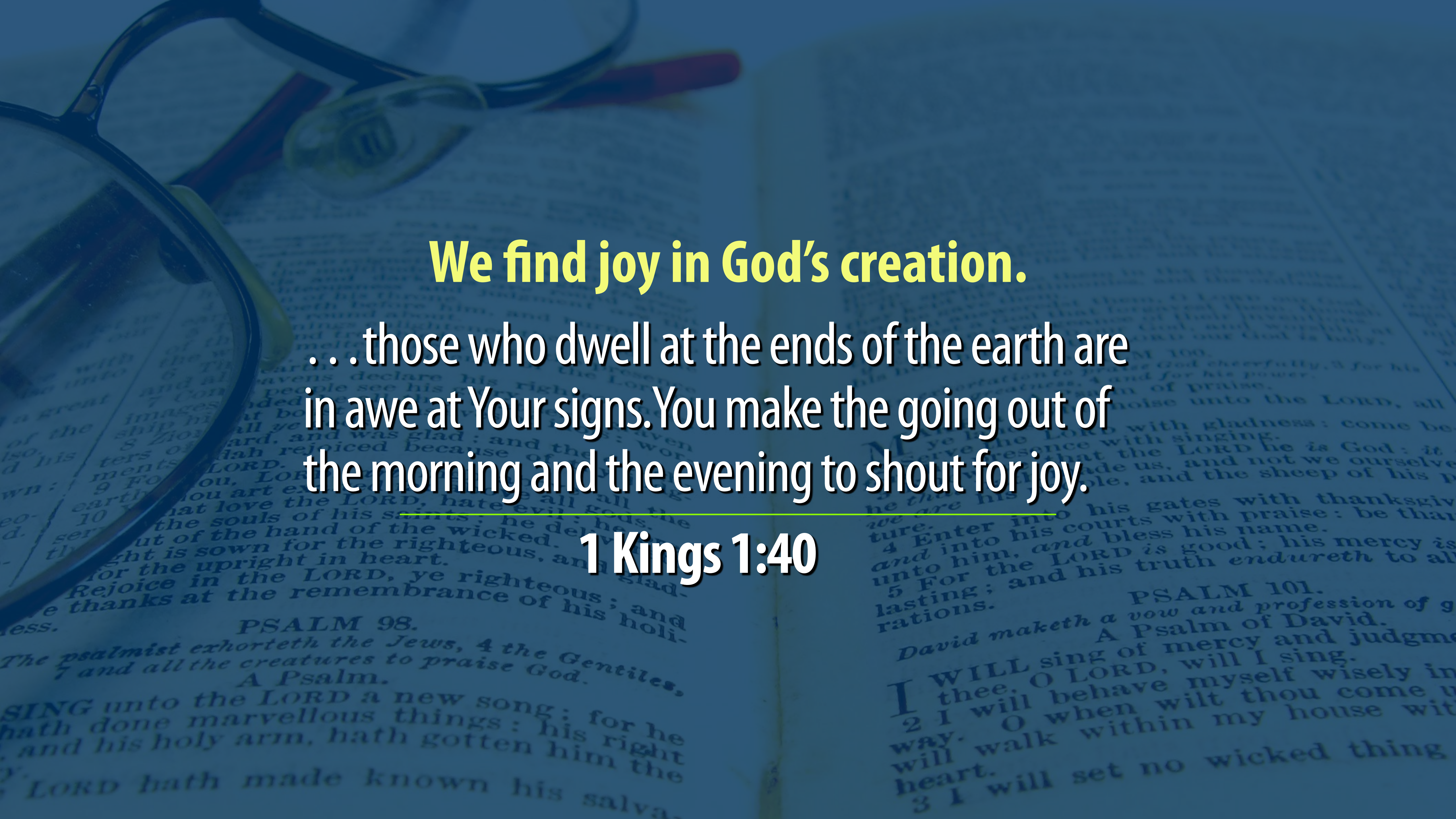
- 1. Clap your hands, all peoples! Shout to God with loud songs of joy!**
- 2. For the LORD, the Most High, is to be feared, a great king over all the earth.**
- 3. He subdued peoples under us, and nations under our feet.**

Psalms 47:1-3

We find joy in God's creation.

... those who dwell at the ends of the earth are in awe at Your signs. You make the going out of the morning and the evening to shout for joy.

1 Kings 1:40



A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.

Proverbs 17:22

- ▶ Laughter stimulates production of the happy hormone - serotonin.
- ▶ Laughter creates more endorphins which give us a natural 'high', reduces stress & helps a positive outlook.
- ▶ Participating in regular bouts of laughter lowers your heart rate and blood pressure. It stimulates the whole cardiovascular system that is similar to exercise!

- ▶ Skin benefits from laughter. We take in more oxygen. It causes the capillaries close to the skin to dilate in a similar way to exercise. The capillaries fill with blood which feed the skin with an increased supply of oxygen and nutrients.
- ▶ Laughter exercises many muscles of the body. A belly laugh can exercise the muscles in the scalp, neck, torso, shoulders, arms, abdomen and legs!
- ▶ Between 100-200 laughs a day is equivalent to 10 minutes rowing or jogging!
- ▶ Let's get more of the Joy of the LORD into our lives!

JOY

FOR THE JOURNEY

- ▶ blesses our Heavenly Father
- ▶ blesses those around us
- ▶ blesses us beyond measure

A wonderful passage of Scripture to close: **Isaiah 35: 1-10**