

# Choose Joy

**“You have put joy in my heart, More than [others know] when their wheat and new wine have yielded abundantly. In peace [and with a tranquil heart] I will both lie down and sleep, For You alone, O LORD, make me dwell in safety and confident trust.”**

**Psalm 4:7-8 (AMP)**

**Introduction:** A lot of us might tell people we want them to be happy. We tell our children, our friends, “do what makes you happy.” That’s a nice sentiment and it’s great to wish someone happiness. I’d like you to consider wishing people Joy. Happiness is based on external factors. Joy is internal and consistent. While happiness is a wonderful emotion it’s dependent on what “happens”. Joy on the other hand, is chosen. It is my prayer that this lesson helps us all choose joy over and over again; that we cultivate it, are unselfish with it, find strength and peace in it, and that it is always in full supply.

**★ Salvation and being in God’s presence makes His joy available to us. If the Holy Spirit dwells in you, then joy is available to you.**

**Question:** What comes to mind when you think of joy? Where does joy come from? How do you find joy?

**Scripture:**

- “But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law.”

**Galatians 5:22-23 (AMP)**

- “You will show me the path of life; In Your presence is fullness of joy: At Your right hand are pleasures forevermore”

**Psalms 16:11**

- Splendor and majesty are before him; strength and joy are in his dwelling place.

**1 Chronicles 16:27**

- “But let all those rejoice who put their trust in You; Let them ever shout for joy, because you defend them; Let those also who love Your name Be joyful in You.”

**Psalms 5:11**

★ **“Ships don’t sink because of the water around them. Ships sink because of the water that gets in them.” -Unknown**

**Joy is not rooted in our circumstances.**

**Question:** Have you ever felt joy was beyond your reach? What trials, fears, troubles made you feel this way?

**Scripture:**

- “Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.”

**James 1:2 (NLT)**

- “When my anxious thoughts multiply within me, Your comforts delight me.”

**Psalms 94:19**

- “The Lord will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.

**Isaiah 58:11**

- “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

**John 16:33**

- ★ **Having joy does not make us exempt from feelings of loss, pain, or sorrow. It will bring you comfort in knowing these things pass.**

**Question:** Can you think of moments or situations where joy is intermingled with sadness?

**Scripture:**

- "Those who sow in tears Shall reap in joy."  
**Psalms 126:5**
- "...Do not grieve for the joy of the LORD is your strength."  
**Nehemiah 8:10 (NIV)**
- "Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you."  
**John 16:22**
- "I am absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely *nothing* can get between us and God's love because of the way that Jesus our Master has embraced us."  
**Romans 8:38-39 (MSG)**
- "...focusing our eyes on Jesus, who is the Author and Perfecter of faith..., who for the joy [of accomplishing the goal] set before Him endured the cross, disregarding the shame, and sat down at the right hand of the throne of God"  
**Hebrews 12:2 (AMP)**

- ★ **Share your joy. Plant seeds of joy in others by comforting them, praying for them, encouraging them, sharing the love of Jesus with them. You may even find your own joy increases.**

**Question:** What are ways we can share and help replenish the joy in others? Has any helped refresh your joy?

**Scripture:**

- "I would have lost heart, unless I had believed That I would see the goodness of the LORD in the land of the living."  
**Psalms 17:13**

- “Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”

**Romans 15:13**

- “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**

- “Yes, brother, let me have joy from you in the Lord; refresh my heart in the Lord.”

**Philemon 1:20**

- “that I may come to you with joy by the will of God, and may be refreshed together with you.”

**Romans 15:32**

**Conclusion:**

We live in a world where things change, we face disappointment, suffer losses and heartaches, etc. Even so, it is important to remember that God has given us something that provides us with hope, peace, and strength. We just have to choose to accept it. If you feel your joy is running low and it isn't going to get you through difficult times, refresh your soul by going to the Word and spend time in God's presence. There, you will find an abundance of it and no one can take it away from you; but you can share it with others.