

JOY



Let all those who seek You *rejoice*.... Psalm 40:16

Day 1: Using a thesaurus or dictionary, do a study of the word *joy* and *happy*. List synonyms / antonyms / definitions.

Make a thank-you list of things/people that gladden your heart. Can you come up with at least 10 things?

Day 2: Read these verses of times when people were joyous. Are there any additions to your personal list on Day 1?

- Deuteronomy 12:7; 16:15
- Song of Solomon 2:14, 16
- 1 Chronicles 12:38-40
- Ezra 6:16
- Esther 8:11-17; 9:20-23
- Psalm 28:6-7
- Proverbs 21:15
- Matthew 13:44
- Luke 1:13-14, 58
- 1 Thessalonians 2:19; 2 John 1:4, 12
- Luke 10:20

Day 3: Name visible signs of joy. How do people show joyfulness? Make a list; then add to your list from these mentioned below:

- Psalm 9:2; 71:23
- Psalm 45:8

- Proverbs 15:13, 30
- Psalm 33:2-3; Job 21:12; 1 Kings 1:40
- Isaiah 62:5; Psalm 19:5
- Psalm 43:3-4; 68:3
- 2 Timothy 1:4

Day 4: Have you ever felt like these people? Can someone still be victorious when his/her surroundings or circumstances are so miserable?

- Job 3:1,7; 7:7
- Job 6:8-10
- Proverbs 17:21
- Psalm 137:1-6
- Isaiah 24:7-11
- Joel 1:12

Day 5: Read this prayer for restoration in Lamentations 5. Rephrase any physical evidences of unhappiness recorded in these verses.

Day 6: Does God take away joy? Why or why not? Put in modern vernacular what you read in these verses:

- Isaiah 16:9-10
- Isaiah 22:8-13
- Jeremiah 48:33
- Zechariah 8:10

- Ezekiel 7:12

Day 7: Solomon kept a journal of his restlessness. Do you agree with these entries? Why or why not?

- Ecclesiastes 2:10
- Ecclesiastes 3:12, 22; 4:8
- Ecclesiastes 5:10, 18-20
- Ecclesiastes 7:14
- Ecclesiastes 8:15
- Ecclesiastes 9:7-12
- Ecclesiastes 11:8-10

Day 8: Read Ecclesiastes 1:3-11. What counsel/advice would you give Solomon?

Day 9: Trace God's healing hand of restoration in Joel 2:18-27. What are the implications concerning how the Israelites got themselves into such straits? What personal actions have taken away your joy?

Day 10: Consider the word study you did on Day 1. Is there a difference between *joy* and *happiness*? Explain your answer. Then expound on the verses below:

- Genesis 30:9-13
- Acts 26:1-3
- Isaiah 60:5
- Proverbs 14:10
- 1 Kings 8:66
- Judges 17:11

- Psalm 17:15
- Psalm 128:2

Day 11: Look back on your happiest moments. Where they caused by outward circumstances? Can you site personal examples of inward joy? Although a situation changes for the worse at times, does it quash the joy along with it?

Consider and reword these verses on joy:

- Job 20:4-5
- Psalm 126: 1-6
- Proverbs 14:13
- Psalm 30:11
- John 16:19-24
- 2 Corinthians 6:3-10

Day 12: Who deserves joy? When can a person expect a bit of happiness? Do these verses help to answer these questions?

- Proverbs 12:20
- Proverbs 15:23
- Isaiah 35:5-6, 10
- Isaiah 54:1
- Proverbs 12:11, 14
- Isaiah 29:19
- 2 Corinthians 8:1-4

Day 13: Read more Biblical examples of joy. Then restate an example of joy in your life.

- Luke 15:4-7
- Luke 1:39-41, 47-48, 57-58
- 2 Chronicles 24:8-11
- 3 John 1:2-4
- Job 33:26
- Luke 2: 8-18

Day 14: Read Psalm 20:5. If you were creating a banner about your joy, what would it read? Here are some other examples:

- Psalm 21:1, 6
- Song of Solomon 2:4-5
- Jeremiah 15:16
- Psalm 105:3
- 1 Chronicles 16:31
- Psalm 118:24

Day 15: Who are happy people? What makes them happy? Explain your answers. Do they match these biblical examples?

- 1 Kings 10:8
- Job 5:17
- Psalm 127:3-5
- Proverbs 3:13, 18
- Proverbs 14:21

- Proverbs 28:14
- Proverbs 29:18

Day 16: Name natural objects (nature-like) express happiness. Do you agree with these Biblical images? Have you witnessed any of these examples?

- Psalm 96:11-12; Isaiah 55:12
- Psalm 98:8; 104:13
- Psalm 65:8,12
- Isaiah 35:1
- Acts 14:17

Day 17: Where are we to express joy? Read these verses. Are you surprised with these suggestions?

- Psalm 149:5
- Isaiah 52:9
- Isaiah 53:10-11
- Isaiah 56:7
- Zechariah 10:7
- Jeremiah 31:13
- Philippians 4:11-13

Day 18: Read Luke's biographical account of Paul and Silas in Acts 16:16-40. Recap the gamut of emotions that occur. Where would you fit in the crowd? Does Paul and Silas's ability to rejoice encourage you? Explain your answer.

Day 19: Read Proverbs 30:15 to discover three things that are never satisfied. Can you add to this list? What are situations that bring only temporary joy? Is it good or bad?

Reword the examples from these passages:

- Exodus 15:9-10
- 1 Samuel 19:4-10
- Proverbs 27:20
- Habakkuk 2:5
- Ezekiel 7:19

Day 20: Read John 13:1-17 and meditate on the example Jesus set for his disciples. Why would being a servant bring about joy? Can you site any personal examples? Record your answers.

Day 21: Make a list of people who give you joy. How are these people related to you? How are ways you can bring them some happiness?

Who are these Biblical examples:

- John 3:27-30
- Nehemiah 12:43
- Exodus 4:14
- Proverbs 10:1; Proverbs 27:11
- Luke 24:50-52
- Proverbs 27:9
- Romans 15:2

Day 22: Read the story of the Prodigal son in Luke 15:11-32. Make a list of the individuals and types of emotions in this story. Is the gladness lasting, temporal, understandable? Have you found yourself in the shoes of any of these characters?

Day 23: How can affliction bring joy? Is such a thing possible? Explain your answer. Then read these verses. Do they change your opinions in any way?

- 1 Thessalonians 1:6
- James 1:2-5
- 1 Peter 1:6-9
- Psalm 90:14-15
- 1 Peter 4:12-16; Acts 5:41
- Hebrews 12:2

Day 24: Read Psalm 42:1-3. When affliction or crushing circumstances have interrupted your joy, what do you do to get it back? Rephrase these Biblical suggestions.

- 1 Chronicles 15:16; Psalm 42:4
- Psalm 37:3-6
- Psalm 63:6-8
- Psalm 97:11-12
- Psalm 119:111; Psalm 16:11
- Psalm 94:19

Day 25: Read 2 Chronicles 29:31. How does one give a sacrifice of thanksgiving or a thank offering? Is it relative in today's world?

- Psalm 107:22
- Nehemiah 12:43
- Psalm 31:7-8
- Psalm 92:4
- Psalm 5:11-12

Day 26: Read some unusual prayers that express joy. Can you relate to these emotions? Do any of them seem rather bold to you? How honest should you be in your prayer life?

- Luke 10:21
- Psalm 58:10-11
- Psalm 35:26
- Jeremiah 12:1-2
- Psalm 51:12

Day 27: Can you name other emotions that often accompany joy? Read these verses and record your findings.

- Matthew 28:8
- Luke 24:40-43
- Psalm 2:11
- Ezra 3:12-13
- Nehemiah 8:10-12, 17
- 2 Corinthians 13:9

Day 28: Are *delight* and *pleasure* synonymous? Are all good feelings a sign of joy? Can you think of times when these two emotions are *not* beneficial?

Rephrase these verses as examples of unwholesome pleasure.

- Matthew 14:1-12
- Romans 8:6-8
- Job 31:24-28
- Proverbs 24:17-18

- 1 Samuel 15:17-23
- Galatians 1:10

Day 29: Reword these passages as lessons and outcome of godly delight.

- Proverbs 16:7
- John 8:29; 1 John 3:22
- Matthew 3:17
- Psalm 1:2
- Proverbs 11:1; 12:22
- Isaiah 58: 13-14
- Psalm 147:10-11
- Micah 7:18-19

Day 30: Are *satisfaction* and *contentment* synonymous? How do these sentiments fit into our topic of joy?

Can you interchange these two words in the following Biblical passages? Do you practice these admonitions?

- Luke 3:14
- 1 Timothy 6:6-10
- Hebrews 13:5
- 3 John 1:9-10
- Isaiah 55:2
- Proverbs 13:25; 18:20

Day 31: Can *relief* bring about gladness? If yes, name some times when a little solace brought some cheer to you or others.

Summarize these verses concerning relief:

- Psalm 105:37-41
- John 11:14-15
- Philippians 2:25, 28
- Mark 15:15
- Psalm 31:7

Day 32: Read 1 Peter 3:14; 4:14. How can a person who is persecuted be blessed?

The *Amplified Bible* defines *blessed* in the following ways:

- happy
- to be envied
- with life-joy and satisfaction regardless of their outward conditions
- blithesome
- spiritually prosperous
- in that state in which the born-again child of God enjoys His favor and salvation

With these definitions in mind, read the Beatitudes in Matthew 5:1-12. Does this increase your understanding of what being blessed mean?

Day 33: Review the definitions on Day 32 . Read the following verses with these explanations in mind. Consider all aspects of blessings.

- Psalm 118:26
- Proverbs 8:32-36
- Luke 2:28, 34

- Luke 11:27-28
- John 20:24-29
- Ephesians 1:3-4b

Day 34: Read these following promises that will bring about joy. Which of them can you make your own?

- Psalm 113:9
- Isaiah 51:3
- Psalm 37:18-19
- Isaiah 58:10-11
- Zephaniah 3:11-12, 17
- Job 8:19-21

Day 35: Read hymns written in Habakkuk 3:17-19, Psalm 100:1-5 and Isaiah 12:1-6. Write your personal hymn.