

Living in the Joy of the Lord

Lesson 1: The Joy of the Lord

Main Scriptures:

Philippians 4:4; Nehemiah 8:10; Romans 15:13; 1 Peter 1:8; Isaiah 61:3

A. Happiness and Joy Are Not the Same

Happiness	Joy
Emotional	Spiritual
Temporary	Enduring
Comes from what happens to us	Comes from the Lord
Changes with circumstances	Remains because God remains

- Happiness depends on what's **happening**. (*Ecclesiastes 3:4*)
- Joy depends on **who God is**, and He does not change. (*Malachi 3:6; Hebrews 13:8*)
- Joy is **positional**, not **conditional**. (*Habakkuk 3:17–18*)
- Joy is rooted in my **relationship with Jesus**. (*John 15:11*)

B. Joy Flows From Faith

- Joy is a result of believing God and increases as we believe. (*Romans 15:13*)
- We rejoice with *joy unspeakable* because we trust Christ. (*1 Peter 1:8*)

C. The Oil of Joy (*Isaiah 61:3*)

- God gives
 - **Beauty for ashes**
 - **The oil of joy for mourning**
 - **The garment of praise for the spirit of heaviness**

➤ Oil in Scripture Represents:

Meaning	Scripture References (KJV)
Healing	James 5:14; Mark 6:13
Strength / Renewal	Psalms 92:10; Nehemiah 8:10
Refreshing / Gladness	Psalms 45:7; Psalm 23:5
Consecration / Being Set Apart	Exodus 30:30; 1 Samuel 16:13
Holy Spirit Empowerment	Isaiah 61:1; Acts 10:38

Therefore, when God gives the **oil of joy**, He is not just making you feel better — He is **restoring your strength, identity, purpose, and spirit**.

➤ **Biblical Examples of God Replacing Mourning With Joy:**

Person	Situation	Joy Restored	Scripture
Hannah	Grief and sorrow	Worship restored her countenance	1 Samuel 1–2
David	Emotional heaviness	Mourning turned to dancing	Psalms 30
Naomi	Bitterness and despair	Legacy and hope restored	Ruth 1–4
Lame Man	Shame and stagnation	Walked, leaped, and praised	Acts 3:1–10
The Disciples	Grieved over Jesus' death	Joy returned when they saw Him alive	John 20:20

➤ Joy doesn't ignore pain — **it transforms pain**.

D. The Joy of the Lord Is Strength – Nehemiah 8:10

- Joy strengthens the believer.
 - Joy stabilizes the mind, heart, and spirit. (*Isaiah 26:3; Psalm 16:9; Psalm 28:7; Psalm 51:12*)
 - When joy rises → strength rises.
 - When joy is attacked → your strength is being targeted. (*Pro. 18:14*)
- The enemy does not want your money, your opportunities, or your position — **He wants your joy, because joy is strength**.

Reflection

Where is God inviting you to **exchange heaviness for joy**?

Joy increases in God's presence. (*Psalm 16:11*)

Lesson 2 — The Joy of Salvation

Main Scriptures:

Psalms 51:12; Luke 15:7; Romans 10:9–10; Ephesians 2:8–9; Philippians 4:4; Hebrews 12:2

A. Understanding Salvation

- In order to appreciate the joy of salvation, you must have a true understanding of salvation.

Work of Salvation	Supporting Scriptures (KJV)
Forgiveness of sins	1 John 1:9 ; Ephesians 1:7
Cleansing and renewal	Titus 3:5 ; Psalm 51:10
Reconciliation with God	2 Corinthians 5:18–19 ; Romans 5:10
Adoption into God's family	Galatians 4:4–7 ; John 1:12
Eternal life through Christ	John 3:16 ; Romans 6:23

- Salvation brings both peace with God and the peace of God. (Romans 5:1; Philippians 4:7)

B. What I'm Saved From

- Salvation is deliverance — not only from eternal punishment but also from the powers that once ruled our lives.

Delivered From	Supporting Scriptures (KJV)
Sin's penalty	Romans 6:23 ; Isaiah 53:5
Sin's power	Romans 6:14 ; John 8:36
Condemnation	Romans 8:1 ; John 3:17
Eternal separation from God	2 Thessalonians 1:8–9 ; Ephesians 2:12–13
Darkness and spiritual blindness	Colossians 1:13 ; Acts 26:18

C. The Joy of Salvation Is Not an Excuse for Pride

- Salvation is not earned — it is a gift of grace. (*Ephesians 2:8–9*)

➤ The Dangers of Pride:

Danger	Scripture (KJV)
Pride leads to destruction	Proverbs 16:18
God resists the proud	James 4:6
Pride blinds the heart	Proverbs 26:12

D. Sharing the Joy of Salvation

- Why We Share It - Matthew 28:19–20; Romans 10:14–15
- Joy multiplies when it's shared.

➤ How We Share It

Approach	Example	Scripture
Through testimony	The Samaritan woman	John 4:28–30, 39
Through changed life	The man freed from demons	Mark 5:18–20
Through love and service	The early church's witness	Acts 2:46–47
Through bold proclamation	Peter before the Sanhedrin	Acts 4:20

E. Joy In Spite Of - Philippians 4:4 (KJV)

- Paul's joy was not circumstantial — it was spiritual.
- Philippians is often called *"The Epistle of Joy."*

➤ Joy in Philippians — Chapter by Chapter

Cpt	Paul's Situation / Struggle	Joyful Truth Expressed	Scripture (KJV)
1	In prison and falsely accused	Rejoices that Christ is preached and the gospel advances	Philippians 1:12–18
2	Surrounded by selfishness and division	Rejoices in serving and being poured out for others	Philippians 2:17–18
3	Confronts false teachers and religious pride	Rejoices in knowing Christ above all things	Philippians 3:7–10
4	Faces lack and uncertainty	Rejoices in the Lord always; content in every state	Philippians 4:4, 11–13

- Paul's joy was anchored in Christ, not in comfort.
- His circumstances were temporary — his Savior was eternal.
- Real joy doesn't come from where you are — it comes from *who you're with*.



F. Jesus and the Joy of His Sacrifice – Hebrews 12:2

- Understanding the Joy That Was Set Before Him
 - The *joy* was not the pain of the cross but the *purpose* beyond it.
 - His joy was in redeeming us and restoring fellowship with the Father.
 - He saw beyond the *cross* to the *crown* — beyond suffering to salvation.
 - Jesus endured shame to bring us glory, sorrow to bring us joy, and death to bring us life.
 - He rejoiced because His suffering would bring many sons and daughters to glory (Hebrews 2:10).
- Christ endured because love looked forward to joy — the joy of our salvation.

G. Restoring the Joy of Salvation

- Psalm 51:12
 - When sin or weariness dulls your joy, restoration is possible.
 - David's prayer teaches us to repent, refocus, and rejoice again.
- Isaiah 12:3 — *Therefore with joy shall ye draw water out of the wells of salvation.*
- Joy is not lost forever — it is revived in repentance.

NOTES:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Lesson 3 — Unstoppable Joy

Main Scriptures:

Philippians 1:6 • 2 Corinthians 12:9 • Psalm 30:5 • Habakkuk 3:17–18

A. God Never Starts What He Can't Finish – Philippians 1:6

- God Finishes What He Begins – Hebrews 12:2, Psalm 138:8; Isaiah 46:10–11
- God's Promises Are Certain – Hebrews 10:23; Numbers 23:19; 2 Timothy 2:13

B. The Enemy Seeks to Kill Joy – John 10:10 • 2 Corinthians 12:9

- Joy Is a Target Because Joy Is Strength – Nehemiah 8:10; Psalm 28:7
- The Enemy Uses Pressure, Accusation, and Discouragement – Rev. 12:10; 1 Pet. 5:8–9; Psa 143:3–4
- God Replaces Attacks With Grace – Isaiah 54: 2 Corinthians 4:8–9

C. Depression and Anxiety Are Real – 1 Kings 19:4–8 • Psalm 34:18

- Biblical Examples of Deep Emotional Burden
 - Moses — discouraged and overwhelmed (Numbers 11:14–15)
 - Job — wished he had never been born (Job 3:1–3, 11)
 - David — *Why art thou disquieted within me?* (Psalm 42:5, 11)
- God Meets People in Emotional Pain – Psalm 147:3; Isaiah 41:10; Matthew 11:28
- God Strengthens the Weak Spirit – Proverbs 18:14; Psalm 73:26; Isaiah 40:29–31

D. Believe That Better Is Ahead – Psalm 30:5

- It won't always be like it is – Romans 8:18; 2 Corinthians 4:17; Psalm 27:13
- God Declares Your Future Is Good – Jeremiah 29:11; Psalm 84:11; Psalm 126:5–6 .
- Joy Looks Forward, Not Back - Habakkuk 3:17–18; Hebrews 11:1

E. Keep Moving Forward – Philippians 3:13–14

- Let of the Past
 - Isaiah 43:18–19 — Forget the former things; God is doing something new.
 - Micah 7:19 — He casts sins into the depths of the sea.
 - 2 Corinthians 5:17 — Old things are passed away.
- Keep Going –
 - Hebrews 12:1–2 — Lay aside weights and run with patience.
 - Galatians 6:9 — Do not grow weary in well doing.
 - Psalm 37:23–24 — The Lord upholds you when you fall.
 - James 1:2–4 — Count it joy because trials develop endurance.
 - Psalm 119:50 — God's Word quickens (revives).