

# BIBLICAL PRINCIPLES OF JOY

## Definitions

Offner: "Joy in the New Testament has its source in Jesus Christ, rather than in mere physical comfort and well-being. Joy is also based on the hope of Christ's return and our eternal home in heaven".

Webster: "to experience great pleasure or delight; rejoice".

## Case Study

Luke 24:33-53 (Jesus resurrection)

### **How can we experience consistent joy in our lives (I The 5:16)?**

- 1) Focus on God, who is the ultimate source and object of our joy! Rejoice in God's works and in His empowering of us (Ps 9:1, 16:8-9, 28:7, 35:9, 43:4, 92:4, 126:3; Lk 1:47; Rm 5:11; Acts 14:17; Phil 3:1, 4:4).
- 2) Keep an eternal perspective. Consider it joy even when we encounter various trials (Rm 5:3-4; II Cor 1:3-4; Jm 1:2; Acts 13:52; Rm 8:28). The hope of God and the hope of heaven should fill us with joy. We have eternal pleasures awaiting us in heaven! (Ps 16:11; Is 35:10; Rm 5:2, 12:2, 15:13; Rev 21:4).
- 3) Avoid worry! Pray instead (Phil 4:6-7; Mt 6:25-34).
- 4) Be filled with the Holy Spirit (Gal 5:22-23; Rm 14:17; I Thes 1:6)
- 5) Be joyful when we are hated, ostracized, insulted and spurned for the sake of Jesus (Lk 6:22-23; Acts 13:52); persecution for Christ's sake enhances joy (Mt 5:11-12; Acts 5:41).
- 6) Follow the example of the angels, who experience joy over every sinner that repents (Lk 15:10).
- 7) Ask Jesus, who said to ask in His name and then we will receive and have our joy made full (Jn 16:24).

Remember that Jesus wants to give us His joy and have our joy full (Jn 15:9-17, 17:13). Abiding in Jesus brings joy (Jn 15:11).

- 8) There is great joy in having our children walk in the truth, so we should train them in the truth (II Jn 4; III Jn 3-4; Pv 10:1, 15:20, 22:6).
- 9) Being a good steward and serving the Lord (and other people) can bring joy (Mt 25:21,23, 23:11-12; Gal 6:9,10; Titus 3:8).
- 10) Faith is a source of joy (Phil 1:25; Rm 15:13). Trusting God brings joy (Rm 15:13; Ps 28:7).
- 11) Word of God is a source of joy (Ps 19:8, 119).
- 12) We can share in the joy of others; other believers can bring us joy and we can bring joy to them (Rm 12:15; I Cor 12:26; I Thes 2:19-20, 3:9; Phm 7; 2 Jn 12; Pv 15:30). Our obedience creates joy in others (Rm 16:19; Heb 13:7). We should rejoice with those who rejoice (Rm 12:15).
- 13) Remember that experience of sorrow can enlarge our capacity for joy (Jn 16:20; Rm 5:3-5; II Cor 1:4, 8:2; Heb 10:34; Jm 1:2)
- 14) Righteousness leads to joy (Pv 10:18, 23:24).
- 15) Laughter is healthy! Some benefits: distracts our attention; reduces tension; increases production of endorphins which are the body's natural painkillers.