

## What is True Biblical Joy?

*Joy is a positive disposition (Phil. 2:2,5; 3:15-16) seeing God's Grace and Goodness regardless of the circumstances (Phil. 1:12, 18-19; Ps. 119:71; James 1:2-4). It is not looking with our physical eyes, (2Cor. 4:18, 5:7), but with the eyes of faith, Believing All things are working together for good (Rom. 8:28), for the salvation and interests of others (2Cor. 4:15 ; Phil. 1:12, 24, 2:4,17,30) and ultimately for the glory of God (1Cor. 10:31, Phil. 1:20).*

*Joy is a by-product or a SUPER-natural reaction of walking by faith and allowing God to work in us (Phil. 2:14). Joy is manifested in the life of a believer and evident through humility (Phil 2:4, 3:3), obedience (2:8) generosity (4:14-19), and kindness (1:10, 4:5); patterning our life after the life of Christ (Phil. 2:5-7).*

*Joy is not the absence of sadness or grief, Paul was sorrowful over Epaphroditus' severe illness (2:27-28) and even Jesus experienced great sorrow in the garden (Matt. 26:37-38, Heb. 5:7), yet for the JOY that was set before Him He endured the cross (Heb. 12:2). There will be seasons (Ecc. 3:1,4) in life where we will have great sorrow, but after prayer (4:6) and meditation (4:8-11) we can CHOOSE to rejoice (2:14, 4:4) knowing that we can do all things without complaining or disputing (2:14) only through Christ's strength (4:13).*

### A. **Biblical Joy is Not a feeling based on circumstances, but a mindset based on our faith in God.**

1. Joy can only come from a \_\_\_\_\_ understanding of \_\_\_\_\_ life and the \_\_\_\_\_ gift of salvation.
  - Do you know for sure you have eternal life?
  - Are you telling others the Good News, especially your loved ones?
2. Faith is not an unintellectual belief of things that can't be \_\_\_\_\_, it is a confident acceptance of \_\_\_\_\_ based on evidence.
  - What, who, or where is your confidence in?
  - Do you look forward to and see death as actually better?
3. Death is not the \_\_\_\_\_ for a believer is just a \_\_\_\_\_ state of separation.
  - When we die our body and soul are separated.
  - When others die we who are alive are temporarily separated from their presence.
  - Death for the believer should not be feared but looked forward to (Phil 1:21)

4. Joy overflows from a \_\_\_\_\_ that God is working ALL things together for \_\_\_\_\_ good.
- Think back at tough circumstances in your life, can you see how God worked in them?
  - When God has blessed you, have you been quick to give Him the glory?

**B. Biblical Joy can only be worked out, if we allow God to work within.**

1. Faith in Christ's finished work at a \_\_\_\_\_ in time, saves us from the \_\_\_\_\_ of sin, but \_\_\_\_\_ faith in Christ's work in our life, saves us from the \_\_\_\_\_ of sin.
- Are you allowing the Lord to fill your heart with Joy?
2. Joy is NOT a \_\_\_\_\_ it is a fruit of the Holy Spirit which \_\_\_\_\_ produces in our lives.
- Are your actions a proof of salvation, when others see your life, do they see Christ IN you?
3. Do NOT be \_\_\_\_\_ concerning trials or suffering in your life, they are \_\_\_\_\_ for growth
- Do you see that the difficult situations in your life may have been designed by God to grow your faith?

**C. Biblical joy is not having to always be happy, in fact there will be seasons of sadness in life.**

1. God is the one who created us with \_\_\_\_\_, and they should be working together with our mind and will to point us to the \_\_\_\_\_.
- When was the last time you allowed your emotions to point you back to the Lord, to seek His help, His comfort, and His Wisdom?
2. Ultimately: death should always remind us of the \_\_\_\_\_ of this life, so that we live in light of \_\_\_\_\_.
- How can we "number our days" and live each day as if a gift from God? What would you do differently if you knew you only have 2 months to live?
  - What if you really got a raw deal?
3. Anger and sorrow are both \_\_\_\_\_ emotions, however wrath and bitterness are \_\_\_\_\_ thoughts.
- Do not try to stuff away your feelings, but instead take them to the Lord.
  - Its ok to have sorrow and even anger, but we are never to stay there for long.