

"That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them. They were terrified, but the angel reassured them. "Don't be afraid!" he said. "I bring you good news that will bring great **joy** to all people. The Savior—yes, the Messiah, the Lord—has been born today in Bethlehem, the city of David!" – Luke 2:8-11

**The Bible has a lot to say about JOY...**

"Be **joyful**." – 2 Corinthians 13:11

"Always be full of **joy** in the Lord. I say it again – rejoice!" – Philippians 4:4

"Always be **joyful**." – 1 Thessalonians 5:16

"When troubles of any kind come your way, consider it an opportunity for great **joy**." – James 1:2

"Oh, what **joy** for those whose disobedience is forgiven, whose sins are put out of sight. Yes, what **joy** for those whose record the Lord has cleared of sin." – Romans 4:7-8

"The Holy Spirit produces this kind of fruit in our lives...**joy**..." – Galatians 5:22-23

**Joy...**

"A spectrum of emotions, actions, and responses that include gladness, cheer, happiness, merriment, delighting, dancing, shouting, exulting, rejoicing, laughing, playing, brightening, blessing and being blessed, taking pleasure in, and being well pleased." – Margaret Feinberg, Fighting Back With Joy

"The settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright, and the determined choice to praise God in every situation." – Kay Warren, Choose Joy Because Happiness Isn't Enough

\*Unless otherwise noted, all scripture references are from the New Living Translation of the Bible

**The Secret of Joy: PERSPECTIVE = How We See Things**

"Our basic problem is that we have dislodged God from the center of our being; self-interest, self-serving, self-worship have taken God's place." – Maxie Dunnam

"No man can live without joy." St. Thomas Aquinas

**1. Joy is God's DELIGHT in us**

"Long ago the LORD said to Israel: 'I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.'" – Jeremiah 31:3

**2. Joy is God's DESIRE for us**

"I have told you these things so that you will be filled with my **joy**. Yes, your joy will overflow!" – John 15:11

**3. Joy is God's DESTINATION for us**

"Ache is not the last word for those who love God." – Ann Voskamp  
"There is wonderful **joy** ahead, even though you must endure many trials for a little while." – 1 Peter 1:6

**The Path to Joy: PERSON = The Jesus We Know**

**1. The journey to joy begins with ACCEPTANCE**

"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him." – Romans 15:13

"Sometimes we need to give space for grief in order to make room for **joy**." – Margaret Feinberg

"Joy asks, 'What if God?' and declares, 'But if not!'" – Margaret Feinberg

**2. The journey to joy advances through ADAPTABILITY**

"Many of us practice a faith that contains the fine print: 'I'll trust God if He does something for me.' Something beautiful resides in a faith that is not results-based." – Margaret Feinberg

**3. The journey to joy leads to greater DEPENDENCE**

"I have learned the secret of living in every situation... I can do everything through Christ, who gives me strength." – Philippians 4:12-13