

# CONTAGIOUS JOY - BIBLE STUDY

“Women of Faith Ministry Authors”



**We will have a 12 Week Bible Study held at Theresa Whittelsey’s home each week.**

**Dates:** (First study **only – 7/19** starting on a Friday-thereafter every Thursday)

and then **7/25 is our Life group meeting with Pastor Barns Group.**

8/1 - 8/8 – 8/15 – **(8/22 LIFE GROUP WITH Pastor Barns Group)** - 8/29 -9/5 And the upcoming dates will be sent out in the near future. Teresa and Chuck are going on a cruise in September, so we will let you know our plans prior to this time.

**Recap of our Thursday Dates: 7/19 – 8/1 – 8/8 - 8/15 – 8/29 – 9/5**

**Times:** Thursdays at 9:30 a.m. to 12:00

**Address:**346 Private Road 4703-Castroville, Tx. 78009 – Directions from 90 and Bill Millers. Go 471 North about 1.5 miles to PR4703 Creekside Subdivision. Turn into subdivision and follow road to the end (cul-de-sac) White Dodge pick up in driveway. WELCOME!

**Email: Teresa’s - [teresaannehumphrey@hotmail.com](mailto:teresaannehumphrey@hotmail.com)**

**Barbara Chapmond Facilitator phone and email: 830/741/9974**

**[b\\_chapmond@yahoo.com](mailto:b_chapmond@yahoo.com) - *TEXT first-Call Second-Email last.***

You can purchase the “E-BOOK” for only \$1.99 at [Christianbook.com](http://Christianbook.com) and or purchase the small book for only \$5.00. The study is very simple and life applicable for spiritual growth, encouragement, joy, and knowledge. We are excited about making new friends and have great fellowship!

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10. Joy Is My Strength
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# Contagious Joy Bible Study



## Chapter One - Joyless Living – Study Handout



- Proverbs 23:29 – Fill in the blanks in your workbook
- Did I have a favorite toy when I was a child?
- 1. Proverbs 23:29 NIV -Verse: Who has anguish? Who has sorrow? Who is always fighting? Who is always complaining? Who has unnecessary bruises? Who has bloodshot eyes?
- 2. Isaiah 24:11 – What happened to the people’s joy?
- 3. What are the signs of absence of joy in Isaiah 24:8?
- 4. Symptoms of joyless living: Ezekiel 26:13 and Psalms 137:2?
- 5. What is the contrast in Isaiah 65:4 – those who belong to God and those that don’t?
- 6. When joy slips from us can we pray for its return – Psalms 51:8?
- 7. Feelings are tricky – what does Proverbs 14:10 remind/reassure us of?
- 8. Answer questions found from these verses: Psalms 16:11 – Psalms 25:4 – Psalms 119:18
- 9. What promise do we find in Psalms. 30:5?

**DIGGING DEEPER VERSES:** Numbers 22:31 - Psalms 146:8 - Acts 26:18 - Psalms 119:18 - Luke 24:31

**Ponder and Pray:** No matter how dark a night you might have experienced, there is a promise that JOY will come in the morning. Sorrow will not last forever. God is ABLE to turn all our sadness into dancing and all our ashes into radiant beauty. Thank God for the joy you have now and for the JOY He’s promised to give you when you need it most. Praise Him when you don’t feel like it, by faith, the joyful feelings will come!

**Trinkets to Treasure:** Small gift to remind you of what we learned in this lesson. **Pair of glasses** – they will remind us that we never need be trapped in joyless life. Joy is ours, **Sometimes all we have to do is ask the Lord to help us SEE IT.**





**(Answer Sheet – to be emailed after each bible study completed)**

## Contagious Joy Bible Study

### Chapter One - Joyless Living

- Proverbs 23:29 – Fill in the blanks in your workbook
- Did I have a favorite toy when I was a child? **(bfc)** I don't have too many memories of my childhood; I do remember a doll I found hid under the pop out couch for Christmas one year and I loved it, It looked like a real baby AND I always remember some plastic high heels, and when they broke I was really sad. I love high heels to this day!
- 1. Proverbs 23:29 NIV -Verse: Who has anguish? Who has sorrow? Who is always fighting? Who is always complaining? Who has unnecessary bruises? Who has bloodshot eyes?
- 2. Isaiah 24:11 – What happened to the people's joy? Mobs gather in the streets, crying out for wine. Joy has turned to gloom Gladness has been banished from the land. **(bfc)** *They totally LOST IT! When God's people were separated from God by their rebellion, their joy turned to ashes. They sank into joyless living.*
- 3. What are the signs of absence of joy in Isaiah 24:8? The cheerful sound of tambourines is stilled; the happy cries of celebration are heard no more. The melodious chords of the Harp are silent. – **(bfc)** *No more joyful music (praise/worship), all is silent, no more celebrations.*
- 4. Symptoms of joyless living: Ezekiel 26:13 and Psalms 137:2? I will stop the music of your songs. No more will the sound of harps be heard among your people. AND We put away our harps, hanging them on the branches of poplar trees. **(bfc)** *This is getting depressing thus far in our new journey to joy.... Once again we see silence, depression, darkness, no praise, no worship, no music no joy! Everything that represents joy has been hidden and placed out of sight. Loneliness sets in, alienating ourselves from fellowship and friends. For those who do not belong to God, there is only one future—joyless living. But God's own children, His servants, His people—their lives will be characterized by joy. When we are God's, we are given the gift of joyful hearts.*

- 5. What is the contrast in Isaiah 65:14 –My servants will sing for joy, but you will cry in sorry and despair.(bfc) When we are saved and full of Jesus and striving to walk in His Holy Spirit, joy wells up inside of us – the closer we are to God the more Joy comes out, in good days and bad. When we are on the mountain tops, it will spill over and become contagious, and others will want what we have. When the tough days and journeys are stronger than the mountaintops, it's hard to be joyful; but when we stay in the Word, Church and Fellowship and draw strength and courage from all of that, we will have some joy, even if we are just going through the motions and have no real “emotions”. Be faithful, they will come! When you don't know Jesus, it's going to be a lot harder to be contagious with joy and stay out of depression, darkness and despair.
- 6. When joy slips from us can we pray for its return – Psalms 51:8- Oh give me back my joy again; you have broken me , now let me rejoice. (bfc) Thankful yes! We can keep asking for the Holy Spirit to return our joy.
- 7. Feelings are tricky – what does Proverbs 14:10 remind/reassure us of? Each heart knows its own bitterness, and no one else can fully share its joy. (bfc)We will have times of suffering, and bitterness in this life and no one else can really “feel” our bitterness, pain, loss, and depression but Jesus. In the dark times we must ask God to help get us out of it. There are many times, when in the pit, we will need some outside help – do not alienate yourself from your Christian friends and loving family. You will feel like doing that when you are at your lowest... but ask Jesus to help you out of it, thank Him, praise Him, STAY IN THE WORD, and you will come out of it. Don't be a lone ranger!
- 8. Answer questions found from these verses: Psalms 16:11 – Psalms 25:4 – Psalms 119:18- You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. - Show me the right path, O Lord; point out the road for me to follow. - Open my eyes to see the wonderful truths in your instructions.

(bfc) For the sake of my notes, I will make a comment here and answer the detailed 3 questions in a bible study/fellowship setting. God WILL give me direction and show me the way to go, it is not always fast or clear, but you have to go with the “peace and discernment” that He gives you.

We have to learn to trust Him and listen for that still small voice and His “confirmation we are on the right path”. Joy in His presence will come in times of praise and worship and Bible study; those times when the light bulb comes on after reading some verses! Yahoo! Father, open my eyes to your guidance, instructions, grace, and fill me with the fruit of your Holy Spirit. Amen **SIDE NOTE!** After spending 3 hours in this awesome study preparation, I shared my heart with two of my lady friends – God is so good and orchestrates our lives..... We are going to have this bible study.

**CONFIRMATION I PICKED THE RIGHT BIBLE STUDY** 😊😊

- 9. What promise do we find in Psalms. 30:5? For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes in the morning. (bfc) Don't ever let anyone tell you that "God is mad at you or He is punishing you". That's a lie from the devil! God's word even tells us, that the love of God leads us to repentance and complete forgiveness of all our sins. Just because life is tough sometimes, does not mean He is mad at you. And we all have to admit, sometimes life is tough on us because of "bad choices" we made, and it's nobody's fault but our own. *Run to Jesus time!*

**DIGGING DEEPER VERSES:** Numbers 22:31 - Psalms 146:8 - Acts 26:18 - Psalms 119:18 - Luke 24:31

**Ponder and Pray :** No matter how dark a night you might have experienced, there is a promise that JOY will come in the morning. Sorrow will not last forever. God is ABLE to turn all our sadness into dancing and all our ashes into radiant beauty. Thank God for the joy you have now and for the JOY He's promised to give you when you need it most. Praise Him when you don't feel like it, by faith, the joyful feelings will come!

**Digging Deeper Verses:**

**Numbers 22:31** - "Then the LORD opened the eyes of Balaam, and he saw the angel of the LORD standing in the way, and his sword drawn in his hand: and he bowed down his head, and fell flat on his face."

**Psalms 146:8** - "The LORD openeth *the eyes of* the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous:"

**Acts 26:18** - "The LORD openeth *the eyes of* the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous:"

**Psalms 119:18** - "Open thou mine eyes, that I may behold wondrous things out of thy law."

**Luke 24:31** - "And their eyes were opened, and they knew him; and he vanished out of their sight."

**Trinkets to Treasure:** Small gift to remind you of what we learned in this lesson. *Pair of glasses* – they will remind us that we never need be trapped in joyless life. Joy is ours, Sometimes all we have to do is ask the Lord to help us SEE IT.



