

Contagious Joy Bible Study-# 2



Chapter Two - Turning Sorrow Into Joy – Study Handout

When a woman gets a makeover, she's hoping for transformation. She sees herself as ordinary, and hopes that the expertise of stylists and makeup artists will cause her hidden beauty to shine forth. But all the exfoliation, rehydration, and application in the world can only do so much. They only serve to polish up the exterior a bit. If we want to experience a real transformation, we need to start from the inside out. When God's joy fills our heart, it is so much more effective than mud packs, salt scrubs, and essential oils. Joy bestows on us a beauty that radiates from within. (Author of our study book-Contagious Joy)

1. Have you ever had a makeover? Did you take before and after pictures? How does the "before" look like in the following scriptures?
[Job 16:16](#) - [Job 17:7](#) - [Proverbs 15:13](#)
2. What does [Psalms 126:6](#) say about the change from sorrow to joy?
3. What does [Isaiah 52:9](#) bid us to do?

4. How does [Jeremiah 31:13](#) describe the turned tables of sorrow and joy?

5. What does [Isaiah 35:10](#) tell us we will obtain?

6. What does God offer to us if we give Him our sorrows?

7. Joy is the ultimate transformation in our hearts. What does Isaiah compare it to in [Isaiah 51:3](#)

8. When do we discover that joy resides in our hearts? What does the prophet say in [Isaiah 12:3](#)?

9. Those who are lost discover joy when they are saved. Those who already belong to the Lord have only to rediscover the joy that already belongs to them. What does David say about this in [Psalms 51:12](#)?

DIGGING DEEPER VERSES: [Job 8:21](#) and [Psalms 126:2](#)

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 to you when you need it most.

Trinkets to Treasure: (Brushes -eye shadow – lipstick) God offers to trade all of our ashes for beauty. This **transformation is better than any beauty treatment. Joy works its miracles on our lives from the inside out, and results are lovely to behold!**