

CONTAGIOUS JOY - BIBLE STUDY

“Women of Faith Ministry Authors” (2)



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

Dates: 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: 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

Barbara Chapmond Facilitator phone and email: 830/741/9974 b_chapmond@yahoo.com - TEXT first-Call Second-Email last.

You can purchase the “E-BOOK” for only \$1.99 at 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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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) – NKJV Used in this study.

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 describe the turned tables of sorrow and joy? NKJV used in book.
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!**

(bfc work sheet) Contagious Joy Bible Study-2

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



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) – NKJV Used in this study.
- **Have you ever had a makeover? Did you take before and after pictures? How does the "before" look like in the following scriptures? (bfc) I had one several years ago when it was the "thing to do" and when they finished with my hair and make up and took my "after" picture, it didn't even look like me! I was really disappointed; I could fix my hair and put on my makeup and look better than what they did, and it cost me about \$100.00 – disappointed!!**
Job 16:16 - Job 17:7 - Proverbs 15:13 **(bfc) The look "before", in these two scriptures are depressing and bleak to say the least! – 1- My face is flushed from weeping and my eyelid are the shadow of death. 2-A merry heart makes one cheerful, but sorrow gives us a broken spirit. What the heck does the last part of the verse #1 mean? I'm gonna look into my Believers Bible Commentary (which I use and trust) and share what it says: OKAY I got it – dahhh. The different bible versions oftentimes word the verses differently, that's why its important to study from a good bible and one you understand. If you're a "newbie" at reading, I recommend the NIV-NLT-NAS-NKJV. Ok back to what does the verse mean: my eyelids are the shadow of death? Simple; NIV-My face is red with weeping and dark shadow rings are around my eyes. NLT-My eyes are red with weeping, dark shadows circle my eyes. His eyes are looking pretty red and dark from such a long period of crying, as we have experienced also in our lives. Anyone want to share some personal experiences?**

- **What does Psalms 126:6 say about the change from sorrow to joy?(bfc)** I have to share from my Believers Bible Commentary again, I think you will find it helpful, as I did: (Its talking about farmers and their crops) There would be a certain sorrow or frustration about sowing the seed for that first crop. Here is a farmer whose barrel of grain is low. He can use the grain to feed his family now or he can sow most of it in hope of an abundant supply in days to come.
- He decides to SOW it, but as he dips his hand into his apron and scatters the seed over the plowed land, his tears fall into the apron. He is thinking of his wife and children, of the skimpy bowls of porridge, of how sacrificially they will have to live in the days till harvest. He feels as if he is taking food out of their mouths. But a cheering word goes out: “He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him. So they go forth and sow the seed. Their present anguish will be more than compensated by the joy of bringing their sheave of ripened grain to the barn. The principle applies also, of course, in the spiritual realm. Those who live sacrificially for the spread of the gospel may endure present privation, but what is the compared to the joy of seeing souls saved and in heaven forever and ever?
- **What does Isaiah 52:9 bid us to do?** (bfc) NIV Bible version: Burst into songs of joy together, you ruins of Jerusalem, for the LORD has comforted his people, he has redeemed Jerusalem. It is telling us to sing praises to Jesus, have fellowship, and be comforted by both of these actions.
- **How does Jeremiah describe the turned tables of sorrow and joy?(bfc)** We are going to experience sorrow, it’s a given, it’s a part of life and something we all have to deal with at one time or another. Some grief and sorrow is bearable and some is so heavy upon our hearts we think we are going to die if the pain doesn’t STOP! The bible even tells us that we will have trials, tests, temptations, sorrow and difficulties in life; just because we get saved doesn’t keep us clear of life’s difficulties. But Gods word also tells us, that He will walk with us, comfort us, and give us peace in the midst of our storms. But we can’t have those gifts if we don’t seek Him out and let Him comfort us. The scriptures we are learning in this study tells us many times that sorrow is for a season (nighttime) but joy comes in the morning. Joy will come, sometimes sooner than other times, sometimes it feels like an eternity before we see day light and feel the joy again. Does anyone want to share some personal experiences of sorrow and joy in their lives. Sharing helps us and others.
- **What does Isaiah 35:10 tell us we will obtain?** NIV- and those the LORD has rescued will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away. (bfc) Everlasting joy will crown our heads, gladness and joy will overtake us; sorrow will flee! These are the type of scriptures we need to write on a note sticky and put all over the house OR put on your screen saver on whatever device you look at all day long. Read it, memorize it, get it into your heart and soul, get it deep down inside your “gut” and claim it until you start to actually “feel it”. Faith comes before the feelings. Praise Him when you don’t feel like it. Its not an easy thing to do, but it does work!
- **What does God offer to us if we give Him our sorrows?(bfc)** JOY!! See above comments.

- Joy is the ultimate transformation in our hearts. What does Isaiah compare it to in Isaiah 51:3- The LORD will surely **comfort** Zion and will look with **compassion** on all her ruins; he will make her deserts like Eden, her wastelands like the garden of the LORD. Joy and **gladness** will be found in her, **thanksgiving** and the sound of **singing**.

(bfc) This is another verse to get deep down in our “gut”. You can also paraphrase verses into your words; it oftentimes helps me to remember what the verse was actually helping me deal with. In this verse I highlighted the words that “Jumped off the page at me”. The ultimate transformation from sorrow to joy God will give us is: COMFORT – COMPASSION - JOY – GLADNESS – THANKFUL HEARTS – SONG IN OUR HEART-SINGING.

- When do we discover that joy resides in our hearts? What does the prophet say in Isaiah 12:3? With joy you will draw water from the wells of salvation. (bfc) When it spills over onto others; when I am excited about what God is doing in and through me, when I am able to serve and flow in the gifts He has given me. My cup runneth over, the joy of the Lord is my salvation, rejoice in the Lord I say, again I say rejoice. A merry heart doeth good like medicine. We draw our joy from the well – Jesus. **Be contagious!**
- 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? Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.(bfc) We alllllll have our days; but we don’t need to wallow and stay in them. Call out to Jesus, talk to Him, don’t run and hide from Him. If you messed up, fess up. He loves you, He will forgive you and don’t let the devil lie and tell you He won’t, or He is mad at you, or..... Fill in the lying blanks that he gives us. Simply put: Submit to God, Resist the devil and HE HAS TO FLEE FROM YOU! Go to the throne before you go to your phone.

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!



Contagious Joy Bible Study

Chapter Two - Turning Sorrow Into Joy – NKJV scriptures

Job 16:16 -My face is flushed from weeping, And on my eyelids is the shadow of death.

Proverbs 15:¹³ A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.

Psalm 126:6 - He who continually goes forth weeping, *Bearing seed for sowing*, Shall doubtless come again with rejoicing, Bringing his sheaves *with him*.

[Matthew Henry's Concise Commentary](#)

126:4-6 The beginnings of mercies encourage us to pray for the completion of them. And while we are in this world there will be matter for prayer, even when we are most furnished with matter for praise. Suffering saints are often in tears; they share the calamities of human life, and commonly have a greater share than others. But they sow in tears; they do the duty of an afflicted state. Weeping must not hinder sowing; we must get good from times of affliction. And they that sow, in the tears of godly sorrow, to the Spirit, shall of the Spirit reap life everlasting; and that will be a joyful harvest indeed. Blessed are those that mourn, for they shall be forever comforted. When we mourn for our sins, or suffer for Christ's sake, we are sowing in tears, to reap in joy. And remember that God is not mocked; for whatever a man soweth that shall he reap, Ga 6:7-9. Here, O disciple of Jesus, behold an emblem of thy present labour and future reward; the day is coming when thou shalt reap in joy, plentiful shall be thy harvest, and great shall be thy joy

Isaiah 52:9 - Break forth into joy, sing together, You waste places of Jerusalem! For the LORD has comforted His people, He has redeemed Jerusalem.

Isaiah 35:10 - And the ransomed of the LORD shall return, And come to Zion with singing, With everlasting joy on their heads. They shall obtain joy and gladness, And sorrow and sighing shall flee away.

Isaiah 51:3 - For the LORD will comfort Zion, He will comfort all her waste places; He will make her wilderness like Eden, And her desert like the garden of the LORD; Joy and gladness will be found in it, Thanksgiving and the voice of melody.

Isaiah 12:3 - Therefore with joy you will draw water From the wells of salvation.

Psalm 51:12 - Restore to me the joy of Your salvation, And uphold me *by Your* generous Spirit.

DIGGING EXTRA DEEP – “TRANSFORMATION VERSES”



And we all, who with unveiled faces contemplate the Lord’s glory, **are being transformed** into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

[2 Corinthians 3:18](#)

Do not conform to the pattern of this world, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

[Romans 12:2](#)

I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that **you be perfectly united in mind and thought**.

[1 Corinthians 1:10](#)

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

[Galatians 5:22-23](#)

“But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

[John 4:14](#)

Repent, then, and turn to God, so that your sins may be wiped out, **that times of refreshing may come from the Lord**.

[Acts 3:19](#)

“DIGGING EVEN DEEPER” JOY VERSES AND NOTES FROM INTERNET

Joy, like any other attitude, can come and go. It is not guaranteed simply because we are believers. We must put ourselves in the places where experiencing joy is a possibility.

Studying joy in Scripture helps build an understanding of how to put ourselves in places where it is possible to find and maintain an attitude of joy.

But what is this elusive thing called joy? According to Dictionary.com, **joy** is “the emotion of great delight or happiness caused by something exceptionally good or satisfying.” This is nice but we could experience this by eating bacon. Is there a better definition?

So how can we put ourselves in the place where exceptionally good things happen and our soul is supported under troubles? We can discover some very important principles by categorizing joy verses.

25 Bible Verses about Joy

There are 214 uses of the word joy in the NIV. Of those verses, nearly a quarter of those verses are found in the Psalms. For this reason, we can establish our principles of joy from the Psalms, then finding corresponding Bible verses about joy in other sections. Here is what we learn from what the Bible says about joy.

1. Joy is not an emotion that can be forced, fabricated, or faked.

There are times when joy eludes us. This is normal and we need to understand that there are times when we will not feel joyful. Yet, it is important that joy cannot be forced.

2. Joy is not dependent upon our circumstance

For in the day of trouble he will keep me safe in his dwelling..... I will sing and make music to the Lord. Hear my voice when I call, Lord; be merciful to me and answer me. – [Psalm 27:5-7](#) (NIV).

We can be in a difficult situation and yet experience joy. Jesus added to this by saying, “Blessed are you when people hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man. Rejoice in that day and leap for joy, because great is your reward in heaven. For that is how their ancestors treated the prophets.” – [Luke 6:22-23](#) (NIV)

Though joy cannot be forced, it can be experienced in difficult situations. James adds to this thought with, “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.” – [James 1:2-3](#) (NIV).

3. Joy is possible when we feel secure in the Lord.

While others link their happiness to prosperity, believers can find joy in the Lord. When we add our voice to David's and proclaim, "You alone, Lord," will be the lifter of my head. In you alone will I place my trust. Whether I am rich or poor, have an active career, or I can't find a job, I am safe in you.

Paul wrote, "Be full of joy in the Lord always. I will say again, be full of joy. Let everyone see that you are gentle and kind. The Lord is coming soon" [Philippians 4:4-5](#) (NCV).

4. Joy comes when we have a clear direction for our life.

We might also use the word purpose. The following verses about joy illustrate this principle:

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. – [Psalm 16:11](#) (NIV) Jesus said, "The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field" – [Matthew 13:44](#) (NIV).

Where is your hidden treasure? What is the path of life that God has for you? Are you seeking the fields for the treasure that God has for you?

5. Joy comes when we live in God's presence.

In a world where celebrity, success, and money are glorified, it is easy to lose focus on what brings real joy. Put simply, this verse says, victories are good, glory is great, and splendor and majesty are their results, but my joy comes when I spend time in God's presence.

[Psalm 28:6-8](#) is another great text to illustrate this point, but let's move joy Bible verses found in the New Testament.

To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy— to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen
[Jude 1:2-5](#) (NIV).

6. Joy comes when we spend our life Praising God.

This principle may be the easiest one to embrace since church worship is filled with praise. But, let's establish a Biblical pattern of praise.

Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord. – [Psalm 27:6](#) (NKJV)

Clap your hands, all you nations; shout to God with cries of joy. For the Lord Most High is awesome, the great King over all the earth. He subdued nations under us, peoples under our feet. – [Psalm 47:1-3](#)

My lips will shout for joy when I sing praise to you— I whom you have delivered. – [Psalm 71:23](#)

Singing, clapping, and shouting are all a part of joyful worship. These three Bible verses about joy only scratch the surface of examples of praise. Here is another example of praise found in Luke, “As he went along, people spread their cloaks on the road. When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen: “Blessed is the king who comes in the name of the Lord!” “Peace in heaven and glory in the highest!” – [Luke 19:36-39](#) (NIV)

7. Joy comes when we live an honest Biblical life.

Perhaps the idea of honesty doesn't seem to fit with principles of joy, but let's look at the opposite side briefly. Dishonesty leads to guilt, and discouragement, while honesty breeds satisfaction, and peace. When we add the concept of Biblical honesty, then we discover true joy.

Hate evil, you lovers of the Eternal. He protects the souls of those who follow Him; He rescues them from the devices of the wicked. Light is sown in the just; as it grows, it brings joy to the pure of heart. Celebrate the Eternal God, all you who are faithful; offer thanks to His holy name. – [Psalm 97:10-12](#) (The Voice)

Psalm 119 is one of the Bible verses about joy that adds some important principles about following God, and being honest with following the scripture. It says:

Your statutes are my heritage forever; they are the joy of my heart. My heart is set on keeping your decrees to the very end. – [Psalm 119:110-112](#) (NIV)

Jesus offers his slant on being Biblically obedient. He says, “If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you” – [John 15:10-12](#)(NIV).

These Bible verses prove there is no greater place to live than in the center of God's will. There is no way to be in the center of his will without living according to the word of God. An honest Biblical life leads to a joyful life.

8. Joy comes when we continually praise what God has already done.

For you make me glad by your deeds, Lord; I sing for joy at what your hands have done. How great are your works, Lord, how profound your thoughts! – Psalm 92:4-5 (NIV)

Not only does reflection fill us with joy, it makes us glad. But Psalm 126 adds the dimension of joyous laughter.

Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The Lord has done great things for them.” The Lord has done great things for us, and we are filled with joy. – Psalm 126:2-3(NIV)

Paul writes about the reason for remembering. “I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day” – 2 Timothy 1:12 (KJV).

Of all bible verses about joy, perhaps no passage speaks to the joy of remembering better than in Hebrews 12.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. – Hebrews 12:1-3 (NIV).

9. Joy comes when people see Christ in us, and exclude us from their ungodly actions.

This may sound like a strange principle, yet it has real validity. Quite often we feel bad when we are left out of activities, thinking that there is something wrong with us. But is it possible that they leave us out because there is something right about us? David spoke of those with evil motives:

Even when David’s enemies were hunting him down and closing in, he was able to compose joyful psalms of praise to God. He rejoiced in his understanding that God, His Father, could flatten any army, resolve any conflict, and confuse the plans of those who sought to kill him. He was joyful in the Lord

A similar situation of opposition occurred in the book of Acts: “So the message of the Lord was spreading through the whole country. But the Jewish people stirred up some of the important religious women and the leaders of the city. They started trouble against Paul and Barnabas and forced them out of their area. So Paul and Barnabas shook the dust off their feet and went to Iconium. But the followers were filled with joy and the Holy Spirit” – [Acts 13:49-52 \(NCV\)](#).

There are several other instances where Paul encouraged people who were insulted or rejected because of their faith. He always encouraged them to be joyful because they were suffering on behalf of Christ.

When people don't want you around because of your faith, celebrate joyfully. You are being excluded because they see Jesus living in you. Refer back to these Bible verses about joy to remind yourself that you are worthy of feeling joy and you are protected by Jesus's love.

My friends, do not be surprised at the terrible trouble which now comes to test you. Do not think that something strange is happening to you. But be happy that you are sharing in Christ's sufferings so that you will be happy and full of joy when Christ comes again in glory. When people insult you because you follow Christ, you are blessed, because the glorious Spirit, the Spirit of God, is with you. – [1 Peter 4:12-14 \(NCV\)](#).

Joy reminds me of a song from my childhood — ♪♪♪ I've got that joy, joy, joy, joy down in my heart ... ♪♪♪. Once that song gets into your heart you will be singing it all day! True joy can only be attained as part of the fruit of the [Spirit](#) (Gal 5:22). It is that overwhelming sense of comfort and [contentment](#) that floods one's soul. It is the thing that we have when we are walking with the Holy Spirit and mortifying the deeds of the flesh (Rom 8:13 KJV). True Joy comes only when we are focused upon walking with the Lord and esteeming others (Phil 2:3-5 KJV). Since Joy is fruit of the Spirit it is a special gift that only the believer has (Eph 1:12-14; 4:30). Here are twenty uplifting Scripture quotes about joy.

Joyous Celebrations

Deuteronomy 16:15 *For seven days you shall keep the feast to the LORD your God at the place that the LORD will choose, because the LORD your God will bless you in all your produce and in all the work of your hands, so that you will be altogether joyful.*

Nehemiah 8: *And do not be grieved, for the joy of the LORD is your strength.”*

Ecclesiastes 9:7 *Go, eat your bread with joy, and drink your wine with a merry heart, for God has already approved what you do.*

Psalms 5:11-12 *But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you. For you bless the righteous, O LORD; you cover him with favor as with a shield.*

Psalms 47:1 *Clap your hands, all peoples! Shout to God with loud songs of joy!*

Psalms 63:5-7 *My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I will sing for joy.*

Psalms 96:11-13 *Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it; let the field exult, and everything in it! Then shall all the trees of the forest sing for joy before the LORD, for he comes, for he comes to judge the earth. He will judge the world in righteousness and the peoples in his faithfulness.*

Joy in Others

1 Samuel 18:6 *As they were coming home, when David returned from striking down the Philistine, the women came out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with songs of joy, and with musical instruments.*

Luke 15:7 *Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. (Jesus speaking in the parable of the lost sheep)*

John 16:21 *When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world.*

Philippians 1:3-5 *I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.*

Philemon 1:7 *For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you.*

Hope and Joy

Proverbs 10:28 *The hope of the righteous brings joy, but the expectation of the wicked will perish.*

Romans 15:13 *May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.*

1 Peter 1:8-9 *Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.*

2 John 1:12 *Though I have much to write to you, I would rather not use paper and ink. Instead I hope to come to you and talk face to face, so that our joy may be complete.*