

Contagious Joy

Joy and sorrow will always be linked. And in the strange paradox of the universe, at the exact moment you and I are experiencing pain, we are also aware of the sweetness of loving and the beauty still to be found. One of our toughest challenges in life is to learn how to live on both of those tracks at the same time.



Lesson #5

Chapter Five – Sing For Joy of Heart – Study Guide



Emotions were never meant to be bottled up inside. When we try to contain them, the pressure builds. Usually, we think of this mounting accumulation of strong feelings in negative ways. Too often, suppressed anger builds until it boils over in rash deeds and scathing words. But have you ever considered that our other good emotions tend to spill over into our lives as well? Take joy, for example. When our hearts are filled with joy to the point of overflowing, it bubbles over. And how do we express abundant joy? According to scripture we sing for joy of heart. *(Copied word for word from our authors study guide)*

1. In Jeremiah 25:10, the prophet says that every sound of joy will be banished from the land. What examples of these joyful sounds does Jeremiah list?
2. We are not alone in our joy and rejoicing. What else does Isaiah 55:12 say will break forth into song in the joy of worship?
3. In 1 Chronicles 16:31-33, what else rejoices before the Lord?
4. What sings for joy in Job 38:7?
5. What does Job 21:12 say can accompany our rejoicing?
6. Where does the psalmist say he will go to praise God in Psalm 43:4?
7. What sacrifice does David say he will bring to the Lord in Psalms 27:6?
8. What does Jeremiah 33:11 say?
9. What does Psalms 33:3 encourage us to do?

Ponder and Pray: This week, don't just ponder the joy you have in the Lord. Let it overflow! As you go through the week ahead, let your heart bubble over with praise. Put the prayers you pray to a tune. Break out a hymnal and learn the prayers of the past put to song. *(copied from study guide)*

Trinkets to Treasure: We are told that if we won't give praise to the Lord, then the rocks will take over and do it for us! Our trinket this week is a stone. Put it somewhere where it can remind you to lift your voice in joyful song!. *(Copied from study guide)*

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Isaiah Chapter 55 -An Invitation to Abundant Life

55 “Ho! Everyone who thirsts Come to the waters; And you who have no money, Come, buy and eat. Yes, come, buy wine and milk Without money and without price. ² Why do you spend money for *what is* not bread, and your wages for *what* does not satisfy? Listen carefully to Me, and eat *what is* good, and let your soul delight itself in abundance. ³ Incline your ear, and come to Me. Hear, and your soul shall live; And I will make an everlasting covenant with you— The sure mercies of David. ⁴ Indeed I have given him *as* a witness to the people, A leader and commander for the people. ⁵ Surely you shall call a nation you do not know, And nations *who* do not know you shall run to you, Because of the LORD your God, And the Holy One of Israel; For He has glorified you.”

⁶ Seek the LORD while He may be found, call upon Him while He is near. ⁷ Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the LORD, And He will have mercy on him; And to our God, For He will abundantly pardon.

⁸ “For My thoughts *are* not your thoughts, Nor *are* your ways My ways,” says the LORD. ⁹ “For *as* the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts. ¹⁰ “For as the rain comes down, and the snow from heaven, And do not return there, But water the earth, And make it bring forth and bud, That it may give seed to the sower And bread to the eater, ¹¹ So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper *in the thing for which I sent it.*”

¹² “For you shall go out with joy, And be led out with peace; The mountains and the hills Shall break forth into singing before you, And all the trees of the field shall clap *their* hands. ¹³ Instead of the thorn shall come up the cypress tree, And instead of the brier shall come up the myrtle tree; And it shall be to the LORD for a name, For an everlasting sign *that* shall not be cut off.”

1 Chronicles 16:31-33

Let the heavens rejoice, and let the earth be glad; And let them say among the nations, “The LORD reigns.” ³² Let the sea roar, and all its fullness; Let the field rejoice, and all that *is* in it. ³³ Then the trees of the woods shall rejoice before the LORD, For He is coming to judge the earth. **Job 38:7**

⁷ When the morning stars sang together, and all the sons of God shouted for joy?

Psalm 33:3

³ Sing to Him a new song; Play skillfully with a shout of joy.

Lesson #7

Galatians 5:22-23

But the Holy Spirit produces this kind of fruit in our lives: Love , Joy, Peace, Goodness, Patience, Kindness, Gentleness, Faithfulness, and Self-Control-----
Those who belong to Christ Jesus, have **NAILED the passions and desires of the sinful flesh to the cross** and crucified Them there!



It's strange but true. Joy can be a constant in our lives, no matter what circumstances and emotions might be at work. Joy also mingles happily with the better attributes in our emotional capacities.

1. What does the Spirit bring to fruition in our hearts besides joy, according to **Galatians 5:22-23**?

2. When is joy needed the most, as we're trusting God for His strength, according to **Colossians 1:11** ?

3. Losing heart is a lot like losing your joy. Paul often encouraged those who were serving the Lord not to lose the joy they had in Him. What does Paul encourage faithful to do in **Galatians 6:9** ?

Corinthians 4:8-10 We do not lose heart. If our gospel is veiled, it is veiled to those who are perishing. ⁴ The god of this age has blinded the minds of unbelievers, so that they cannot see the light. Jesus said, "Let light shine out of darkness," **He made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.**

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. **We always carry round in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.** For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body.

Galatians 6:9- Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. ² Carry each other's burdens, and in this way, you will fulfill the law of Christ. ³ If anyone thinks they are something when they are not, they deceive themselves. ⁴ Each one should test their own actions.

⁷ Do not be deceived: God cannot be mocked. **A man reaps what he sows'** ⁸ Whoever sows to please their flesh, from the flesh will reap destruction: whoever sows to please the Spirit, from the Spirit will reap eternal life. ⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Lesson #9



“Rejoice with Me”

How can we love God with everything and our neighbor as ourselves if we do not **sacrificially give** of ourselves with joy? In looking for the big opportunities to “perform” as a Christian, how many small God-given opportunities to love with depth do we miss? **Shelia Walsh**

This is what the Lord wants for Christians to experience within the Church. We’re to form a strong community caring, encouraging, trusting. **Have you formed a circle of friends from within your congregation**-a Sunday school class, **Bible study group, ministry team**? Do you find excuses to surprise and encourage one another regularly? It’s amazing how joy can flourish when joy is shared. **Marily Meberg**

Proverbs 15:1-24- A gentle answer turns away wrath, but a harsh word stirs up anger.² The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly.³ The eyes of the LORD are everywhere, keeping watch on the wicked and the good.⁷ The lips of the wise spread knowledge, but the prayer of the upright pleases him.³ A happy heart makes the face cheerful, but heartache crushes the spirit.¹⁵ but the cheerful heart has a continual feast.¹⁶ Better a little with the fear of the LORD than great wealth with turmoil.¹⁸ A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.²⁰ A wise son brings joy to his father, but a foolish man despises his mother.

There’s no denying that it can be difficult to live in harmony with other people. We’re all so different, and those differences can sometimes stir up feelings of jealousy, resentment, dislike, disgruntlement, and the like. That’s why Paul urged Christians to **strive for harmony**.

CONTAGIOUS JOY BIBLE STUDY - Salt Shakin Sister Ministry – “Seed Sewing Sista’s” – 2021 Recap of all the Bible Studies we learned from in the tough year of 2020. God is still in control and now we can look back and see “What God has done!”- www.saltshakinsister.com – b_chapmond@yahoo.com

Review Questions

1. What two things are always linked? Hint, it is on the Rose Picture.
 - a. _____
 - b. _____
2. If suppressed anger builds up until it boils over with rash deeds, what affects take place with good emotions? _____
3. What does Isaiah 55:12 say? _____

4. What sings for joy in Job 38:7? _____
5. What does Psalms 33:3 encourage us to do? _____
6. What was the trinket in this lesson #5, and what was it to remind us of? _____
7. In Lesson #7, what can be constant in our lives no matter what the circumstances and emotions might be at work in our lives? _____
8. When is joy needed most as we're trusting God for His strength in Colossians 1:11? _____
9. In 2 Corinthians 4:8-10, what has the god of this age done to unbelievers? _____
10. What is 2 Corinthians 4:11, telling us to do? _____
11. What is our duty in Galatians 6:1-2?
? _____
12. What happens in Galatians 6:9? _____
13. In Lesson #9, What did Shelia Walsh tell us? _____

14. What does Proverbs 15:1 say? _____

15. In the very last paragraph in this study it says: There is no denying it can be _____ to live in harmony. We are all _____ and differences can stir up what? _____

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