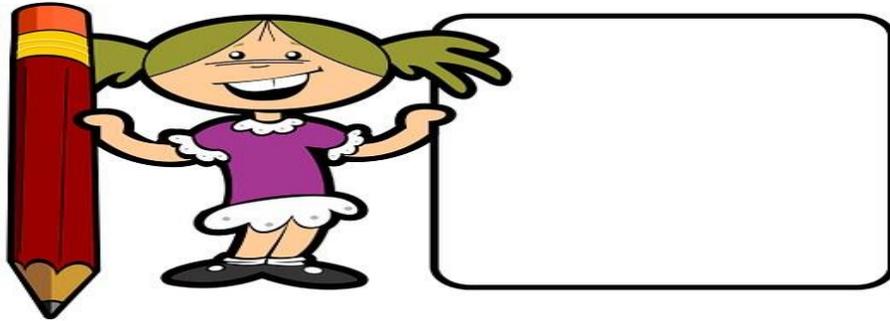


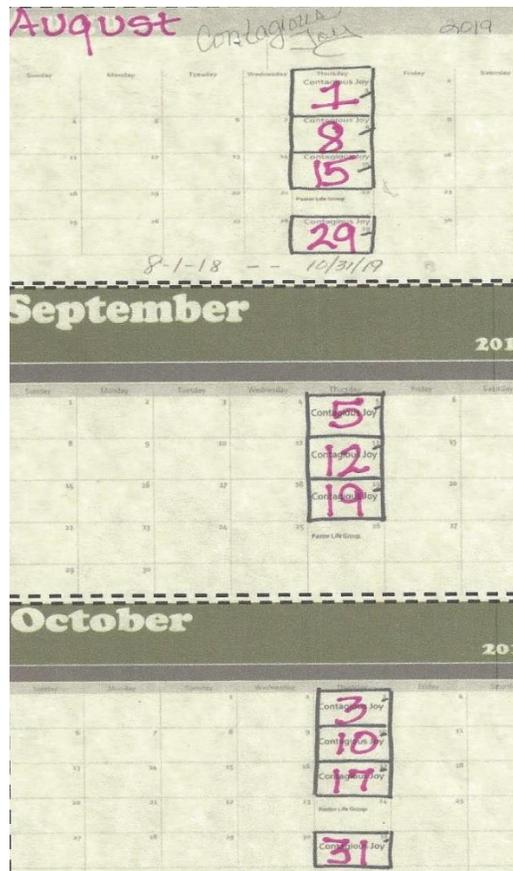
CONTAGIOUS JOY - BIBLE STUDY

“Women of Faith Bible Study Series by: Several Authors” (4)



12 Week Bible Study held at Theresa Whittelsey’s home each week.

Dates:



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 pickup 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 don't even have to purchase a book, and don't worry if you miss some of the lessons, come when your able. If you want, 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! We will be posting all study materials on my website and we are praying about possibly doing some short videos on each lesson.
www.saltshakinsister.simplesite.com

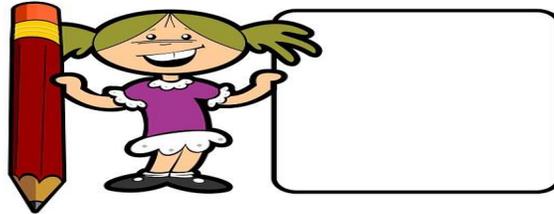
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PS- We have created about 20 memory bible verses you can work on during our next 3-4 months of fellowship together. Please make sure I have given you one, blessins bfc



Contagious Joy Bible Study (4)



Chapter Four – Our Hearts Rejoice in Him

When someone has something that gives them great pleasure and satisfaction, it's sometimes referred to as their "pride and joy". I had a neighbor once whose car was his pride and joy—he spent hours washing and waxing it every weekend. Another neighbor finds great satisfaction in her rose garden, where she putters for hours every week. Yet another neighbor works tirelessly to maintain his pride and joy – perfectly manicured lawn. Our pride and joy tend to be that thing on which we shower the bulk of our time, attention and affection. It's the thing we focus on the most. *(Copied from our Contagious Study Book in Chapter Four)*

1. What does David urge us to do in Psalms 5:11? (BFC) - **(Psalms 5:11 - But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you)** *David is urging us to be glad, sing and rejoice, in addition, I see he also tells us we can take refuge, expect the angels of God to protect and watch over us. **Refuge=shelter-protection.** I believe in Gods protection so much so, that I won't leave home without praying first for God to send His angels of protection over our home and my car. I also believe there are many times in our lives, that God will "re-route" our daily plans (slower traffic, airplane delays- road detours, etc.) that protects us from harm, and some could have been life threatening. There are so many things in our walk with Jesus that He is doing in the background that we'll never ever know about; maybe when we get to heaven we will see some of the times He protected and saved us from harms way. This make me be "glad, rejoice and sing for joy"!*
2. What imagery does Jeremiah 31:12 use to describe the life of one who finds joy in God?(BFC)- **Jeremiah 31:12 - They will come and shout for joy on the heights of Zion; they will rejoice in the bounty of the LORD—the grain, the new wine and the olive oil, the young of the flocks and herds. They will be like a well-watered garden, and they will sorrow no more.** The picture/imagery describing the life of one who finds joy in God is:

They will shout with JOY and REJOICE over the many blessings provided them; they will flourish in whatever they do/labor at, and sorrow will not be a part of their lives. My cup runneth over! I always say: "Obedience=Blessings". A well-watered garden could also be a picture of how I would look and feel when full of the Holy Spirit and His word; walking in the calling and ministry He has gifted me with. The springs of living water (The Holy Spirit) filling me up and overflowing the JOY=Jesus inside of me. Shakin Salt. I can't say that I "shout" for joy, but I do speak loudly when I am excited, so that is probably close enough for being happy and shouting.

3. Each of us rejoices in the Lord because of the way He wooed and called us to Himself. Every story is unique and personal. What is yours? (BFC) *Does anyone want to share their personal salvation testimony?* I typed mine up and use as part of my "Blessin Ministry-Handouts". It's so funny, right after I got saved, over forty (40) years ago, I was asked to write out a "3 minute testimony" in one of our church classes; it took me three (3) legal /pink pages of paper, with size 10 font, to share what happened! (I think I was excited, ya think?) Over the years I finally mastered getting it down to sharing time about 2-3 minutes and on paper, one page with maybe 12-14 font size 😊
4. According to Ecclesiastes 2:26, what does God give to His own?
(BFC) *Ecclesiastes 2:26 - To the person who pleases him, God gives wisdom, knowledge and happiness, but to the sinner he gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind.* God gives us wisdom, knowledge and happiness.
5. What does Solomon say God does in our hearts in Ecclesiastes 5:20? (BFC) *Ecclesiastes 5:20 - They seldom reflect on the days of their life, because God keeps them occupied with gladness of heart.* When I look at the first part of this verse, "They seldom reflect on the days of their life"; This can be looked at in two different ways. **1.** Reflecting on the past of how God saved us and kept us from so much trouble, can allow God to use anything that might have been bad to draw us closer to Him and draw on His strength to change us so we can help others. Only God can make good out of bad!
2. Then I think of people who say: "If only I had done this or that" –"They treated me this way and it's not my fault I'm like this", or they continually live in their past and just can't move forward and live for today; they don't have much joy and make everyone around them just as miserable as they are, Get over it!
Don't use bad things that happened in your life (rejection for one) when you were 10 years old, and let it control and ruin your attitude and relationships in life. I know a lady that is almost 80 years old, and to her talk to you, you would think she was still that small 10-year-old child, reliving the pain and rejection as if it happened yesterday.
For the purposes of this example, allowing that rejection to rule your life, will ruin your spiritual growth, joy and good relationships.

People who are rejected, rejected everyone else, and if not dealt with, carrying that spirit of rejection/offense will only make people NOT want to be around you. Its sad. We need to GET OVER IT. We have the choice to rejoice! Make lemonade out of lemons. NOW after getting off my soapbox and to answer the question: The answer is – thank you Jesus – A GLAD HEART! JOY!

6. Just knowing Jesus should bring joy to our souls. But what does Deuteronomy 26:11 say is *another facet* of our relationship with God that can bring joy?

Deuteronomy 26:11 - Then you and the Levites and the foreigners residing among you shall rejoice in all the good things the LORD your God has given to you and your household (BFC)

The other facet of Joy God gives us is good relationships with family and friends. We also need fellowship with other Christians, we can draw strength, support, and encouragement from them; “iron sharpens iron”. Bless my home, Amen!

7. Hannah had good reason for joy. In her thankfulness to the Lord for the blessing of a child, joy overflowed in praise. What does the verse say in 1 Samuel 2:1?-

1 Samuel 2:1 - Then Hannah prayed and said: “My heart rejoices in the LORD; in the LORD my horn is lifted high. My mouth boasts over my enemies, for I delight in your deliverance. (BFC) The verse starts out with Hannah thanking God for the child, she is overwhelmed with joy and praise.

1. She prays 2. She rejoices 3. She exalts God and lifts Him up in worship and praise 4. She speaks forth and shares with others, how God has delivered her from her enemies, and that she has gained deliverance, won the battle. We can do the same; Who is your enemy? An enemy doesn't always have to be a person. Our first enemy is satan, and other enemies can be: strongholds, addictions, drugs, control issues, low self-esteem, depression, stealing, lying, cheating, hanging with the wrong crowd, watching the wrong things,... you can fill in the blanks. We can have deliverance too. We have a free will, and we can make good choices or bad ones.

God gives us direction and guidance in His Word, and if we will walk it out, do what it says, we will be blessed, and when we are drawn closer to Jesus, the further we will be from the temptations of satan. USE THE WORD IT WORKS. DELIVERANCE. Guard your heart, soul, eyes, ears and mind. Take every thought captive to the obedience of Jesus Christ. Let Him rule and reign over your heart.

8. What is another way in which our hearts find a reason for rejoicing according to Jeremiah 15:16?-

Jeremiah 15:16 - When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, LORD God Almighty. (BFC) I looked in my

Believers Bible Commentary and it states that the prophet was “puzzled” by his persecution when he had been so faithful to the Lord. Nevertheless, he finds his resource in God's Word, the joy and rejoicing of his heart. Our hearts find a reason for rejoicing in the Word of God. Its full of encouragement, support, direction, hope, disciplining values and much more. You can't get anything out of it if you don't study it.

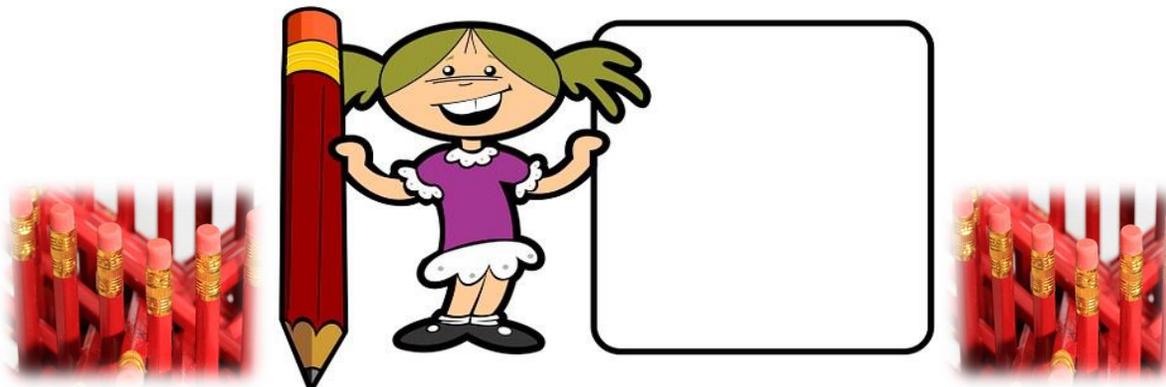
Going to church once a week and hearing a sermon or even more teaching during the week from a favorite bible teacher; that's all very helpful and provides "food to eat" but we have to feed ourselves from the Word and can't expect others to "spoon feed us all the time". Feast and eat upon the meat found in Gods Word! It will give your heart full of joy and much delight! When we read, study, pray and seek God for divine instruction, we will "bear His name; we will be known by our actions and lifestyle; we are saved and sealed with the promise of eternal life. Feast upon the word, fill your plate to overflowing, no restrictions on this kind of food.

9. Nehemiah 8:12 echoes Jeremiah's words. Why have the people begun to celebrate and rejoice greatly in this passage? - **Nehemiah 8:12 - Then all the people went away to eat and drink, to send portions of food and to celebrate with great joy, because they now understood the words that had been made known to them.** (BFC) 1. Everyone enjoyed fellowship, worship and learning of Gods Word. 2. There was plenty teaching available for all that wanted it; learning from one another (Life Groups-Bible Studies). 3. It was a time of celebration and great joy. 4. Everyone was excited about understanding what the Word says. 4. Everyone enjoyed the praise, worship and wisdom that was revealed to them. Good times, good fellowship!

Note from bfc- You might want to read the book of Job when you have a little extra time during this 12 week study, we have several verses coming from that book and it is going to be an extra "eye opener for us". I read it again, and this time in the NLT Bible Version I received a lot more out of it because we happen to be referencing back to it so much.

Ponder and Pray: God brings joy into our lives by many means-answered prayers, wisdom, His Word, good gifts, manifold blessings. All these things bring out hearts rejoicing. "When the righteous see God in action they'll laugh, they'll sing, they'll laugh and sing for joy" Psalms 68:3. God should be our joy, and all else should fade out of focus in His light.

Trinkets to Treasure: When it comes to joy, the Lord should be our "focus". He's our source of joy, and in His presence everything else just disappears. Our hearts are intent on Him as we worship God. To remind us of this our trinket this week will be an "eraser". It'll remind us of how everything else fades away in His presence.



Psalms 5:11 - But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.

Jeremiah 31:12 - They will come and shout for joy on the heights of Zion; they will rejoice in the bounty of the LORD—the grain, the new wine and the olive oil, the young of the flocks and herds. They will be like a well-watered garden, and they will sorrow no more.

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Deuteronomy 26:11 - Then you and the Levites and the foreigners residing among you shall rejoice in all the good things the LORD your God has given to you and your household.

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