

God Time Day 1: Having Joy



What comes to mind when you hear the word joy? A song? A person? Or maybe a memory?

The joy that God gives can be defined as a steady delight, gladness, or happiness that is derived from knowing and serving Him. Yes, Christians have joy, joy, joy, joy down in our hearts... to stay! This kind of joy is not the same kind of joy that the world or our circumstances give. No, this joy has God Himself as its source!



Read Philippians 4:4.

Rejoice in the Lord always. I will say it again: Rejoice!

Throughout the short Book of Philippians, joy and “rejoice” are mentioned 16 times. That tells us something! Do you tend to be a joyful person? Why do you answer that way?

God Time Day 2: Joy in Unlikely Places



Read Philippians 1:1-2.

¹[From] Paul and Timothy, servants of Christ Jesus: To all the saints in Christ Jesus who are in Philippi, including the overseers and deacons. ²Grace to you and peace from God our Father and the Lord Jesus Christ.

The Book of Philippians is a letter written to the saints (another word for Christians) in a town called Philippi.



Circle who the letter is from.

Paul was in prison when he wrote this letter. That doesn't sound like a joyful experience. And the truth is? It wasn't. But Paul could experience joy in a joyless prison. Why? Because he had the joy of Jesus down in his heart!

Have you ever heard a story about having joy in a joyless situation?



If so, how did it encourage you?

If not, stay tuned; you'll hear more about it this week.

God Time Day 3: Joy from Having Jesus



True joy comes from having Christ in our hearts. From the time of Jesus' birth, joy was associated with the gospel message.



Read Luke 2:10.

But the angel said to [the shepherds], “Don't be afraid, for look, I proclaim to you good news of great joy that will be for all the people...”

Underline the words “good news of great joy.”



Now circle the word “joy.” Who is the joy is for?

The joy that comes from knowing Jesus is available for all people!

(After they went and saw Jesus, the shepherds went and told others. Do we share Him, too?)



Read John 15:11.

I [Jesus] have told you these things so that my joy may be in you and your joy may be complete.

Whose joy is in us? _____

Underline the last word of the verse.

Jesus says these words after talking about the importance of staying joined to Him. Yes, our joy may be complete, full – even overflowing – if we abide in Christ.

No matter what circumstances we find ourselves in, we can have deep joy because we know Jesus and His sacrificial love for us. Though we can often be our own joy stealers, *nothing* and no one else can steal our joy.

Do you know Jesus?



If not, see Romans 10:9-10.

If so, spend time praising Jesus for who He is and His great love for you.

Ask Him to make His joy complete in you today.

God Time Day 4: Joy Derived from Devotion



On Day 1, we read that the joy that God gives can be defined as a steady delight, gladness, or happiness that is derived from knowing and serving Him. We could call knowing and serving God *devotion*.

Our relationship with God is an interesting exchange. As we joyfully devote ourselves to Him, He gives us even more joy!



Read Galatians 5:22-23.

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control. The law is not against such things.

The Fruit of the Spirit is a famous passage in the Bible. It tells us the result of having the Holy Spirit in our lives. If we are a Believer, we are promised joy and all of these other qualities. They grow bigger and sweeter by drawing nearer to God and learning to obey and trust Him more. This is called spiritual maturity – looking more like Jesus.



Read Acts 2:46-47.

⁴⁶Every day [the Christians] devoted themselves to meeting together in the temple, and broke bread from house to house. They ate their food with joyful and sincere hearts, ⁴⁷praising God and enjoying the favor of all the people. Every day the Lord added to their number those who were being saved.

Underline what the Christians were doing.



Circle the result.

When we fulfill our purpose (that is, serving God), we have great joy, and He brings the results. So, how is He calling you to serve Him today? (E.g., serve in a ministry, call a friend, spend time in joyful worship, etc.)

Make time to do it. Then journal about the joy that results.

God Time Day 5: Do You Have Joy?

Even in a joyless situation, we can have joy if we have Jesus.



Read James 1:2-4.

²Consider it a great joy, my brothers and sisters, whenever you experience various trials, ³because you know that the testing of your faith produces endurance. ⁴And let endurance have its full effect, so that you may be mature and complete, lacking nothing.

According to James, even various trials can be counted as joy!

Underline what he says that a trial produces.

And what is the full effect?

Sometimes, though, especially when we are in the middle of a trial, we don't *feel* joy. One way to find joy in these times is to both look for and praise God for all He has done in the past and present.



Read Psalm 92:1-4 (NET).

¹It is fitting to thank the Lord, and to sing praises to your name, O sovereign One! ²It is fitting to proclaim your loyal love in the morning, and your faithfulness during the night, ³to the accompaniment of a ten-stringed instrument and a lyre, to the accompaniment of the meditative tone of the harp. ⁴For you, O LORD, have made me happy by your work. I will sing for joy because of what you have done.

Underline anything that stands out to you.

Review what you've learned this week. Assess your level of joy in knowing and serving Jesus. If you want to increase your joy:

1. Make sure you know Jesus. (See Romans 10:9-10)
2. Devote yourself to the Lord and His work. (See Acts 2:46-47)
3. Praise God! (See Psalm 92:4)

Rejoice in the Lord always. I will say it again: Rejoice!