

Throne  
to Table

Part 16 - I've Got the Joy!



The Gospel

is Joy's Main Ingredient!



*Throne  
to Table*

*Gospel Joy is...*

**1. Overpowering**



***I tell you the truth, you will weep and  
mourn over what is going to happen  
to me, but the world will rejoice.  
You will grieve, but your grief will  
suddenly turn to wonderful joy...***

***John 16:20-21 ESV***

***...It will be like a woman suffering the pains of labor. When her child is born, her anguish gives way to joy because she has brought a new baby into the world.***

***John 16:20-21 ESV***

*We serve God whether people  
honor us or despise us,  
whether they slander us or praise us...*

*2 Corinthians 6:8-10 NLT*

***...We are honest, but they call us impostors. We are ignored, even though we are well known...***

***2 Corinthians 6:8-10 NLT***

***...We live close to death, but we are still alive. We have been beaten, but we have not been killed...***

***2 Corinthians 6:8-10 NLT***



***...Our hearts ache, but we always have joy. We are poor, but we give spiritual riches to others. We own nothing, and yet we have everything.***

***2 Corinthians 6:8-10 NLT***

# How We Try to Eliminate Pain



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# How We Try to Eliminate Pain

We try to Forget it



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# How We Try to Eliminate Pain

We try to Forget it

We try to Avoid it



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# How We Try to Eliminate Pain

We try to Forget it

We try to Avoid it

We try to Numb it



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# How We Try to Eliminate Pain

We try to Forget it

We try to Avoid it

We try to Numb it

We try to Deny it



*Throne  
to Table*

*He has sent me to tell those who  
mourn that the time of the Lord's  
favor has come, and with it,  
the day of God's anger against  
their enemies...*

*Isaiah 61:2-4 NLT*

*...To all who mourn in Israel,  
he will give a crown of beauty for ashes,  
a joyous blessing instead of mourning,  
festive praise instead of despair...*

*Isaiah 61:2-4 NLT*



***...In their righteousness, they will be like great oaks that the Lord has planted for his own glory. They will rebuild the ancient ruins, repairing cities destroyed long ago...***

***Isaiah 61:2-4 NLT***

***...They will revive them,  
though they have been deserted  
for many generations.***

***Isaiah 61:2-4 NLT***

*I heard a loud shout from the throne,  
saying, "Look, God's home is now  
among his people! He will live with  
them, and they will be his people..."*

*Revelation 21:3-5 NLT*

***...God himself will be with them.  
He will wipe every tear from  
their eyes, and there will be no more  
death or sorrow or crying or pain.  
All these things are gone forever.”...***

***Revelation 21:3-5 NLT***

*...And the one sitting on the throne said, "Look, I am making everything new!" And then he said to me, "Write this down, for what I tell you is trustworthy and true."*

*Revelation 21:3-5 NLT*

*Gospel Joy is...*

**2. Inevitable**



*So you have sorrow now,  
but I will see you again;  
then you will rejoice.*

*John 16:22a NLT*

***Sing to the LORD, all you godly ones!  
Praise his holy name. For his anger  
lasts only a moment, but his favor  
lasts a lifetime! Weeping may last  
through the night, but joy comes  
with the morning.***

***Psalm 30:4-5 NLT***



***Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.***

***Psalm 126:5-6 NLT***

*Gospel Joy is...*

**3. Untouchable**



***No one can rob you of that joy.***

***John 16:22b NLT***

***Can anything ever separate us from  
Christ's love? Does it mean he no  
longer loves us if we have trouble  
or calamity, or are persecuted,  
or hungry, or destitute, or in danger,  
or threatened with death?...***

***Romans 8:35,37,39 NLT***

***...No, despite all these things,  
overwhelming victory is ours  
through Christ, who loved us...***

***Romans 8:35,37,39 NLT***

***...No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.***

***Romans 8:35,37,39 NLT***

*Gospel Joy is...*

**4. Essential**



***In that day you will ask nothing of me.  
Truly, truly, I say to you, whatever you  
ask of the Father in my name,  
he will give it to you...***

***John 16:23-24 ESV***



***...Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.***

***John 16:23-24 ESV***

***Jesus replied, "Now the time has come for the Son of Man to enter into his glory. I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone..."***

***John 12:23-24 NLT***

*...But its death will produce many  
new kernels— a plentiful harvest  
of new lives.”*

*John 12:23-24 NLT*

***Always be joyful. Never stop praying.  
Be thankful in all circumstances,  
for this is God's will for you who  
belong to Christ Jesus.***

***1 Thessalonians 5:16-18 NLT***

# Two Ways of Living a Joyful Life

# **Two Ways of Living a Joyful Life**

The Wrong Way:

**Following My Emotions**

# **Two Ways of Living a Joyful Life**

The Wrong Way:

**Following My Emotions**

The Right Way:

**Keeping My Eyes Fixed on Jesus**

*Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up...*

*Hebrews 12:1-3 NLT*



***...And let us run with endurance  
the race God has set before us.  
We do this by keeping our eyes on  
Jesus, the champion who initiates  
and perfects our faith...***

***Hebrews 12:1-3 NLT***

***...Because of the joy awaiting him,  
he endured the cross, disregarding its  
shame. Now he is seated in the place  
of honor beside God's throne...***

***Hebrews 12:1-3 NLT***

***...Think of all the hostility he endured  
from sinful people; then you won't  
become weary and give up.***

***Hebrews 12:1-3 NLT***