

Bible Study Guide: The True Light – Living in Joy

(Advent Series – Joy)

 Source Transcript:

Big Idea

Joy is not based on circumstances—it is rooted in a deep, abiding relationship with Jesus Christ and flows from within.

Theme

True joy comes from the Kingdom of Heaven and is experienced through faith, relationship, and purpose—not external happiness.

Introduction: Joy vs. Happiness

In our world, **joy is often confused with happiness.**

- **Happiness** = external, temporary, circumstantial
- **Joy** = internal, spiritual, rooted in Christ

Key Insight:

“Happiness comes from what happens to you. Joy comes from who lives in you.”

The world offers:

- Quick fixes
- Temporary emotional boosts
- Surface-level satisfaction

But Jesus offers:

- Deep, sustaining joy
- Strength in suffering

- Assurance in uncertainty
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Core Scripture

John 15:11

“I have told you this so that My joy may be in you and that your joy may be complete.”

Main Point 1: Joy Comes from a Relationship with Jesus

Explanation

Joy is not something we chase—it is something we **receive through connection with Christ**.

“Joy is something that lives on the inside and moves us.”

Even in:

- Pain
- Suffering
- Uncertainty

Joy can still exist because:

- Jesus is with us
- Jesus is for us
- Jesus is working through us

Supporting Scriptures

- Romans 8:28
- Philippians 4:4

Application

- Am I seeking joy in circumstances or in Christ?
- How is my daily relationship with Jesus shaping my emotional life?

Sticky Quote:

“Joy is not the absence of pain—it is the presence of Jesus.”

Main Point 2: Joy is Found in God’s Promises

Explanation

Joy grows when we trust that **God keeps His promises**.

From Genesis to the birth of Christ:

- God promised a Savior
- God fulfilled that promise

Biblical Examples

- **Mary (Luke 1:46–47)** – Rejoiced in God’s faithfulness
- **Zechariah & Elizabeth** – Experienced joy when God fulfilled His word

“Standing on the promises brings real-time joy—not just hindsight joy.”

Spiritual Insight

We often:

- Only see God’s faithfulness after the struggle
- Rejoice only in hindsight

But God invites us to:

- Rejoice **during** the process

Application

- What promises of God am I holding onto right now?
- Where do I need to trust God’s timing?

Sticky Quote:

“Joy grows when faith trusts God before the breakthrough.”

Main Point 3: Joy Comes When Heaven Touches Earth

Key Scriptures

- Luke 2:13–14
- Matthew 1:23 (Emmanuel – “God with us”)

Explanation

Joy erupts when:

- God reveals Himself
- Heaven breaks into our reality

This happens through:

- Miracles (big and small)
- Divine encounters
- God speaking into our lives

Biblical Example

The Shepherds (Luke 2:8–20):

- Outcasts
- Overlooked
- First to receive the message

Spiritual Truth

God often reveals Himself:

- In unexpected ways
- To unexpected people

Application

- Am I aware of how God is moving in my life?
- Am I positioned to recognize His presence?

Sticky Quote:

“Joy erupts when eternity steps into your moment.”

Main Point 4: Joy is Found Even in the Waiting

Key Scripture: Psalm 30:5

“Weeping may last through the night, but joy comes in the morning.”

Explanation

We live in a culture of:

- Instant gratification
- Immediate results

But God works through:

- Process
- Waiting
- Growth

Biblical Example

Simeon (Luke 2:25–32):

- Waited his entire life for the Messiah
- Experienced overwhelming joy when he saw Jesus

“Joy is not the absence of waiting—it is hope in the waiting.”

Spiritual Insight

Waiting produces:

- Faith
- Character
- Deeper joy

Application

- What am I waiting on God for right now?
- Am I resisting the wait or trusting God in it?

Sticky Quote:

“Waiting with faith fuels joy.”

Main Point 5: Joy Multiplies When We Share Jesus

Key Scripture: Luke 2:17–18

“When they had seen Him, they spread the word...”

Explanation

Joy is not meant to be contained—it is meant to be **shared**.

The shepherds:

- Experienced Jesus
- Immediately shared the message

Biblical Truth

God often uses:

- The overlooked
- The unlikely
- The unqualified

To spread His message

Spiritual Impact

When we share Jesus:

- Lives are changed
- Hope is restored
- Joy spreads

Application

- Who can I share the message of Jesus with this week?
- Am I living as a carrier of joy?

Sticky Quote:

“Joy grows when it is given away.”

Discussion Questions

1. What is the difference between joy and happiness in your own life?
 2. How has God proven faithful to you in the past?
 3. When have you experienced a moment where “heaven touched earth”?
 4. What are you currently waiting on God for?
 5. How can you actively share the joy of Christ with others?
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Practical Application Steps

1. Strengthen Your Connection

- Spend intentional time with Jesus daily
- Focus on relationship, not routine

2. Remember God’s Promises

- Write down past moments of God’s faithfulness
- Revisit them during difficult seasons

3. Look for God’s Presence

- Be aware of “small miracles”
- Stay spiritually alert

4. Embrace the Waiting

- Trust God’s timeline
- Allow Him to shape your character

5. Share the Joy

- Encourage someone
 - Share your testimony
 - Be a light in your community
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Closing Prayer

Father,
Thank You for the gift of true joy.
Help us to stop chasing temporary happiness
and instead root our lives in You.

Teach us to trust Your promises,
to see Your hand at work,
to wait with faith,
and to share Your love boldly.

Fill us with a joy that cannot be shaken—
a joy that reflects Christ to the world.

In Jesus' name, Amen.

Final Takeaway

Joy is not something the world gives—it is something Heaven places within you.