



THE GIFT EXCHANGE
“Trading Sadness for Joy”

Introduction:

Hebrews 4:15 – “For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.”

Isaiah 53:4–5 – “Surely our griefs He Himself bore, And our sorrows He carried;”

John 14:26 – Jesus says, “But the Helper, the Holy Spirit, whom the Father will send in My name.”

Proverbs 13:12a – “Hope deferred makes the heart sick,”

People who suffered in the Bible...

Job 6:6 – “My days are swifter than a weaver’s shuttle [going by fast], And come to an end without hope.”

Psalms 42:11 – “Why are you in despair; O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.”

Jeremiah 29:11 – “‘For I know the plans that I have for you,’ declares the LORD, ‘plans for welfare and not for calamity to give you a future and a hope.’”

Lamentations 3:21–23 – “²¹This I recall to my mind, Therefore I have hope. ²²The LORD’s lovingkindnesses indeed never cease, for His compassions never fail. ²³They are new every morning; Great is Your faithfulness.”

Jesus brings up His suffering for the first time during His ministry in Galilee.

Mark 9:31–32 – “³¹For He was teaching His disciples and telling them, ‘The Son of Man is to be delivered into the hands of men, and they will kill Him; and when He has been killed, He will rise three days later.’ ³²But they did not understand this statement, and they were afraid to ask Him.”

John 16:6 – “But because I have said these things to you, sorrow has filled your heart.”

So in (John 16:16–22) we’ll see three ways Jesus helped His disciples in the midst of their sadness:

He understood their confusion (vv.16–18)

He offered them clarification (vv.19–22)

He gave them comfort (vv.23–24)

So let's look at the first way Jesus helped His disciples in the midst of their sadness...

1. He understood their confusion (v.16–18)

“A little while, and you will no longer see Me; and again a little while, and you will see Me.” (v. 16)

The disciples are whispering to each other...

“What is this thing He is telling us, ‘A little while, and you will not see Me; and again a little while, and you will see Me’; and ‘because I go to the Father’?” (v.17)

Earlier Jesus said, (John 16:5a) “But now I am going to Him who sent Me;”

“But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you.” (v.7)

In John 14:17–18, Jesus says about the Holy Spirit ¹⁷that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you. ¹⁸“I will not leave you as orphans; I will come to you.

John 16:13 – “But when He, the Spirit of truth, comes...”

In John 16:14–15, Jesus says, “He will glorify Me, for He will take of Mine and will disclose it to you.”

“All things that the Father has are Mine; therefore I said that He takes of Mine and will disclose it to you.” (v.15)
Romans 8:9b – “But if anyone does not have the Spirit of Christ, he does not belong to Him.”

Jesus says in John 16:14 that the Holy Spirit will glorify Him and reveal Him to the disciples. It is to your advantage that Jesus goes away...otherwise that can't happen. (John 16:7)

2. He offered them clarification (vv.19–22)

Jesus knew that they wished to question Him. (v. 19)

So Jesus gives them clarification

“Truly, truly, I say to you, that you will weep and lament, but the world will rejoice; you will grieve, but your grief will be turned into joy.” (v.20)

1 Thessalonians 1:6 – “You received the word in much tribulation with the joy of the Holy Spirit.”

Romans 14:17 – “for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.”

Jesus gives them an illustration.

“Whenever a woman is in labor she has pain, because her hour has come; but when she gives birth to the child, she no longer remembers the anguish because of the joy that a child has been born into the world. (v.21)

“Therefore you too have grief now; but I will see you again, (v.22a)

Galatians 2:20 – “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.”

“...and no one will take your joy away from you.” (v.22b)

John 10:29 – “...no one will snatch them out of My hand.”

Philippians 4:4 – “Rejoice in the Lord always; again I will say, rejoice!”

3. He gave them comfort (vv.23–24)

“In that day you will not question Me about anything” (v.23a)

John 6:68 – “Peter said, ‘Lord, to whom shall we go? You have the words of eternal life.’”

“Truly, truly, I say to you, if you ask the Father for anything in My name, He will give it to you.” (v.23b)

Philippians 4:19 – “And my God will supply all your needs according to His riches in glory in Christ Jesus.”

“Until now you have asked for nothing in My name;” (v.24a)

“ask and you will receive, so that your joy may be made full.” (v.24b)

Hebrews 12:2 – “Jesus, for the joy set before Him endured the cross, despising the shame.”

So whatever the circumstances...as a Christian...you can rejoice because...

Christ lives in you.

You know Him personally.

You know Him through the revealed Word.

You know the Holy Spirit is at work in you.

And you have been forgiven of all your sins.

DISCUSSION QUESTIONS:

1. What is Jesus talking about in verse 16?
2. What emotional swing is Jesus referring to in verses 20–22?
3. What point was Jesus making in His illustration in verse 21?
4. How can focusing on your relationship with Jesus Christ help you rejoice always?
5. How can this group help you maintain hope in your life?