

A Joyful Heart

Insight for Living Series (IFL-07)

October 22, 2021

Psalm 19:7-8

- Joy defined – the emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation:
 - Enjoy – to experience with joy
 - Prefix – “En” a prefix “to cause (a person or thing) to be in” the place, condition, or state named by the stem; (*enslave; entrust; enrich; encourage; endear*);
- Westminster Shorter Catechism
 - Q. *What is the chief end of man?*
 - A. Man's chief end is to glorify God, and to enjoy him forever.
- Revelation 4:11

Biblical Joy

- More than an emotion
 - dependent on who Jesus is rather than on who we are or what is happening around us. Joy comes from the Holy Spirit, abiding in God's presence and from hope in His word.
 - Biblical joy is accessible to us even in the worst of times, and it can never be taken away from us.
 - Isaiah 61:1-3 - The oil of joy for mourning, The garment of praise for the spirit of heaviness;
- What Jesus quoted in Luke 4:18-21
- Isaiah 61:10 (NKJV) ...my soul shall be joyful in my God

God-like joy

- Mark 1:11
- Luke 15:7
- Romans 14:17
- 1 Timothy 4:8
 - Benefits in this life
 - Training for a joyful heart
- John 15:11

- John 16:16-22
 - You won't see me anymore
 - You will weep and mourn
 - You will see me again
 - Your grief will suddenly turn to wonderful joy
 - You have sorrow now, but then you will rejoice
 - No one can rob you of that joy
- Psalm 16:11
 - Show me the path of life (insight for living)
 - In your presence is fullness of joy – training for Joy by spending time in God's presence
 - Pleasures forevermore
- Proverbs 17:22 (NLT2) A cheerful heart is good medicine, but a broken spirit saps a person's strength.
 - Insight for living – healthy spirit, soul, and body

Making a difference in others as a result of your overflow

- John 15:11
- Fruit of joy picked by others – Galatians 5:22-23
- Medicine dispenser
 - A cheerful heart is good medicine
 - Not only your own but others as well
 - If not a cheerful heart – a broken spirit – sapping strength – yours and other's too.

Benediction

- Romans 15:13
 - Joyful – filled complete with joy
 - Peaceful – filled complete with peace
 - Because you trust in him
 - Then you will overflow – with hope, joy, peace
- John 16:33