

Joy Comes in the Morning: A 5-Day Bible Reading Plan and Devotional Guide

You can watch Pastor Tom's message on our YouTube channel at www.YouTube.com/@ANewDayChurch



Day 1: The Difference Between Happiness and Joy

Reading: [Nehemiah 8:10](#), [John 15:11](#), [John 16:33](#)

Devotional Happiness is fragile. It rises and falls with circumstances, good news, and comfortable seasons. But joy is something far more durable. In Nehemiah 8:10, we are reminded that the joy of the Lord is our strength -- not our bank account, not our health, not our favorable circumstances. Jesus himself declared in [John 15:11](#) that his own joy could live inside his followers and make their joy complete. That is a staggering promise. The creator of the universe offers you his personal joy as a permanent resident within your soul. When the traffic is bad, when the diagnosis is frightening, when the bills pile up, that inner joy does not have to move out. It is anchored not in what surrounds you but in who lives within you. Today, ask yourself honestly: am I relying on favorable conditions to feel okay, or am I drawing from the deep well of God's joy?

Practical Application: Begin your morning by intentionally declaring that your joy today will be grounded in who God is, not in what the day delivers. Write down one unchanging truth about God's character and return to it whenever your circumstances tempt you toward discouragement.

Day 2: Choosing Joy in Every Season

Reading: Psalm 118:24, Philippians 4:4, Habakkuk 3:17-18

Devotional: Joy is a gift from God, but it is also a daily decision. Psalm 118:24 does not say joy will automatically wash over us. It says "we will rejoice." That is an act of the will. The prophet Habakkuk made one of the most courageous declarations in all of Scripture when he said that even if every crop failed and every harvest came up empty, he would still rejoice in God his Savior. That is not denial of pain. That is defiance of despair. Paul echoes this in Philippians 4:4 when he tells us to rejoice in the Lord always -- and then says it again, as if he knows we need the reminder twice. Joy is not a feeling that arrives when everything works out. It is a posture you choose to hold even when nothing has worked out yet. The morning does not ask your permission to arrive. Neither does God's joy, if you will simply choose to receive it.

Practical Application: Identify one area of your life where you have allowed circumstances to determine your emotional state. Make a deliberate, spoken declaration today that you choose joy in that specific area, not because the situation has changed, but because God has not.

Day 3: God Is Still in the Boat

Reading: Mark 4:35-41, Isaiah 40:31, Psalm 46:1-3

Devotional: The disciples were not careless sailors who wandered into bad weather. They were following Jesus directly into a storm. And when the waves crashed and the boat filled with water, Jesus was asleep. Not absent -- asleep. Present but seemingly unresponsive. Many of us know exactly what that feels like. We are doing what we believe God called us to do, and the storm arrives anyway. But notice this carefully: Jesus was in the boat before the storm, during the storm, and after the storm. His presence did not prevent the trouble. His presence meant they would survive it. Isaiah 40:31 promises that those who hope in the Lord will have their strength renewed. That renewal does not always come before the storm. Sometimes it comes in the middle of it, just enough to keep you standing until morning arrives.

Practical Application: Think of a current storm in your life. Rather than praying only for the storm to stop, spend time today simply acknowledging that Jesus is in the boat with you. Let that truth shift your focus from the waves to the one who commands them.

Day 4: Joy That Survives Suffering

Reading: Hebrews 12:1-2, Romans 8:1, Psalm 30:5

Devotional: Hebrews 12:2 tells us that Jesus endured the cross because of the joy set before him. He did not endure it by pretending the cross was not painful. The suffering was real. The grief was real. John 11:35 tells us Jesus wept. And yet he possessed a joy that suffering could not ultimately extinguish, because his eyes were fixed on what was coming beyond the pain. Psalm 30:5 gives us one of Scripture's most comforting promises: weeping may last through the night, but joy comes in the

morning. It does not say the night will not come. It says morning is coming. Whatever you are carrying right now -- the unanswered question, the prolonged waiting, the pain that has gone on longer than you thought you could bear -- it is not the end of your story. Romans 8:1 reminds us there is no condemnation for those in Christ Jesus. Your past does not cancel God's purpose. Morning is still on its way.

Practical Application: Write down one painful season from your past where morning eventually came. Let that memory serve as evidence today that God has been faithful before and will be faithful again. Share that story with someone who needs to hear that their night will not last forever.

Day 5: Guarding and Spreading Your Joy

Reading: Luke 10:20, Acts 16:25-34, Psalm 34:1

Devotional: Luke 10:20 offers what may be the most unshakable reason for joy available to any human being: your name is written in heaven. Not because of your performance. Not because of your track record. Because of Jesus. That truth cannot be revoked by a bad diagnosis, a failed relationship, a financial collapse, or a season of deep grief. Paul and Silas understood this. Beaten, chained, and imprisoned at midnight, they sang. They worshiped. And their joy was so disruptive to the darkness around them that it shook the foundations of the prison, freed every captive, and led an entire family to salvation. Joy is not a private experience. It is contagious. It changes atmospheres. Psalm 34:1 calls us to bless the Lord at all times -- not only when the paycheck arrives or the test results come back clean, but at all times. Guard your joy. Feed it with God's Word. Strengthen it through prayer. And then let it spill out into every room you enter.

Practical Application: Make a commitment to protect your joy this week by limiting what you allow to occupy your mind each morning. Begin each day in God's presence before engaging with news, social media, or the demands of the day. Then look for one intentional opportunity each day to bring genuine, God-rooted joy into someone else's life.