



young mothers

Lesson 13

A Joyful Spirit

by Gail Yost

Shout joyfully to the LORD, all the earth. ² Serve the LORD with gladness; Come before Him with joyful singing. ³ Know that the LORD Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. ⁴ Enter His gates with thanksgiving and His courts with praise. Give thanks to Him, bless His name. ⁵ For the LORD is good; His lovingkindness is everlasting and His faithfulness to all generations.

Psalm 100



What is Christian joy?

- A spontaneous, emotional response of the heart, **NOT** an act of will power
 - 1 Peter 1:8-9 . . . *You greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation of your souls.*
- Deep and firm, **NOT** superficial and fluffy
 - Romans 5:3 . . . *We also exult in our tribulations . . .*
 - 2 Corinthians 6:10 *As sorrowful yet always rejoicing, as poor yet making many rich, as having nothing yet possessing all things.*
- Spiritual, **NOT** natural
 - Galatians 5:22 *The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness.*

Where does joy come from?

- Joy comes from God.
 - Psalm 4:7 *You [God] have put gladness in my heart, more than when their grain and new wine abound.*
 - Psalm 16:11 *You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.*

- Joy comes through Jesus Christ.
 - John 15:11 *These things I [Jesus] have spoken to you so that My joy may be in you, and that your joy may be made full.*
 - Luke 2:10-11 *But the angel said to them, “Do not be afraid; for behold, I bring you good news of great joy . . . for today in the city of David there has been born for you a Savior, who is Christ the Lord.”*

- Joy is energized by the Holy Spirit.
 - Romans 14:17 *The kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.*

- Joy is related to the Scripture.
 - 1 John 1:4 *These things we write, so that our joy may be made complete*

- Joy is enhanced through trials.
 - James 1:2 *Consider it all joy, my brethren, when you encounter various trials.*

“Joy is a gift from God to those who believe the gospel of Christ, being produced in them by the Holy Spirit, because they receive and obey the Word of God while experiencing trials and keeping their hope fixed on the glory which is to come.”

John MacArthur

What motivates me to rejoice?

- The work of Jesus Christ
 - 1 Peter 2:24 *And He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.*
- The Holy Spirit's ministry
 - John 16:13 *But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come.*
- Answered prayer
 - John 16:24 . . . *Ask and you will receive, so that your joy may be made full.*
- The Scripture
 - Psalm 119:162 *I rejoice at Your word, as one who finds great spoil.*
 - Jeremiah 15:16 . . . *Your words became for me a joy and the delight of my heart . . .*
- God's sovereignty
 - Habakkuk 3:17-18 *Although the fig tree should not blossom, and there be no fruit on the vines, though the yield of the olive should fail and the fields produce no food, though the flock should be cut off from the fold and there be no cattle in the stalls, yet I will exult in the Lord, I will rejoice in the God of my salvation.*

What can steal my joy?

- False expectations
 - No tribulation
 - ◆ *1 Peter 1:6-7 In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ.*

“A holy and a good God has covered us with a dark cloud. But my God lives, and He has my heart.”
Sarah Edwards, after her husband’s death

- Earthly success
 - ◆ *1 Corinthians 1:27-29 But God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong, and the base things of the world and the despised God has chosen, the things that are not, so that He may nullify the things that are, so that no man may boast before God.*
- Happiness

“Happiness is emotion tied to things that are happening. . . Joy has nothing to do with what is happening.”
Steve Pettit

“A life of communion with God is sufficient to yield consolation in the midst of all [life’s sorrows], and even to produce a holy joy in the soul which shall make it to triumph over all affliction.”

William Carey

- Forgetfulness
 - Psalm 103:2 *Bless the LORD, O my soul, and forget none of His benefits.*
 - Psalm 119:16 *I shall delight in Your statutes; I shall not forget Your word.*

- Self-absorption
 - John 3:30-31 *He must increase, but I must decrease. He who comes from above is above all, he who is of the earth is from the earth and speaks of the earth. He who comes from heaven is above all.*

- Ingratitude
 - 1 Thessalonians 5:18 *In everything give thanks; for this is God’s will for you in Christ Jesus.*
 - Psalm 50:23 *He who offers a sacrifice of thanksgiving honors Me . . .*

“Christian gratitude is joy directed toward God for his grace. . . . The wonderful thing about the gospel is that the response it requires from us for God’s glory is also the response which we feel to be most natural and joyful, namely, gratitude for grace. God’s glory and our gladness are not in competition. ”

John Piper

How does a woman exemplify a joyful spirit in her family?

- She knows who her God is and openly rejoices in His attributes.
 - Know God through His Word; rejoice in His character.
 - Develop with your children “a portfolio of passages” that tell of God’s attributes.
 - ◆ 1 Peter 5:10 *And after you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you.*
 - ◆ 2 Corinthians 1:3 *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.*
 - ◆ 1 Thessalonians 5:23-24 *Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. Faithful is He who calls you, and He also will bring it to pass.*
 - ◆ Psalm 71:3 *Be to me a rock of habitation, to which I may continually come; You have given commandment to save me, for You are my rock and my fortress.*
 - ◆ Psalm 71:5 *For You are my hope; O Lord GOD, You are my confidence from my youth.*

- She talks to her soul, counsels herself with what she knows about God
 - Psalm 42:5
 - Question: *Why are you in despair, O my soul? And why have you become disturbed within me?*
 - Command: *Hope in God,*
 - Supporting reason: *for I shall again praise Him for the help of His presence.*
- (Pastor Mark Minnick, 7/27/2014 p.m.)

“The joy and peace of believers arise chiefly from their hopes. What is laid out upon them is but little, compared with what is laid up for them; therefore the more hope they have, the more joy and peace they have.”

Matthew Henry

- She blesses the Lord in her soul and lets her children hear her praise Him with her lips (Psalm 103).
 - Praise God for His great, good, and sovereign power and His authority over all things (vv. 19, 20-22).
 - Praise God for His justice and righteousness
 - (v. 6).
 - Praise God for His mercy and His forgiveness (vv. 3, 10-12).

*For from Him and through Him and to Him are all things.
To Him be the glory forever. Amen.*

Romans 11:36

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