

Joy That Transforms

John 15:11; 2 Corinthians 4:6

Joy: Essential Nutrient for Your Spiritual Soil

Joy in the Lord is a central theme in the Bible.
(John 15:11; Philippians 4:4; Psalm 97:12; Habakkuk 3:17-18)

Joy is not just an emotion, but fuel for the brain.

Joy Found in the Face of God

(Psalm 16:11, Numbers 6:24–27)

“You will fill me with joy in your presence, with eternal pleasures at your right hand.” (Psalm 16:11, NIV)

“For God, who said, “Let light shine out of darkness,” made his light shine in our hearts to give us the light of the knowledge of God’s glory displayed in the face of Christ.”
(2 Corinthians 4:6, NIV)

The Benefits of Joy

- Closer relationship with God
- Stable foundation in times of struggle
- Motivation for spiritual growth
- Sense of belonging.
- Comfort and ease with being yourself.
- Freedom to share your heart with God.
- Freedom to share your heart with others.

Increasing Joy Capacity

- Focusing on Jesus—Prayer, Bible Reading, Worship
- Developing Paths from Other Emotions to Joy
- Practicing Non-Verbal Gratitude
- Finding Joy in the Face of Others

For Further Reflection

In what ways do you experience joy in your connection with church?

In what ways do you seek to find Joy in the “face” of Jesus?

How can Peace Church work together as a community to help people experience more joy in following Jesus?

In what ways can you work to build more joy into your spiritual formation practices?