



## Joy Overview

### See Separate Weekly Plans

#### Definition:

Joy is a quality of being, rather than just an emotion. It is related to being happy and it is more fundamental and can be sustained when happiness is diminished. Joy also comes from participating in God's world and from seeing lives being positively changed and relationships enhanced. Joy is a very important but often neglected social value. Joy is characteristic of the life of faith. God is the fundamental reason for being joyful - joy comes from knowing God through Jesus Christ in the power of the Spirit. Joy also comes from seeing lives being positively changed and relationships enhanced. Joyfulness should mark the life of the Christian community and all relationships between Christians as they live and work together for the Lord.



#### Key Bible Character - Mary Magdalene -

Resurrection - Matthew 28: 1-10

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

<sup>2</sup> There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. <sup>3</sup> His appearance was like lightning, and his clothes were white as snow. <sup>4</sup> The guards were so afraid of him that they shook and became like dead men.

<sup>5</sup> The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. <sup>6</sup> He is not here; he has risen, just as he said. Come and see the place where he lay. <sup>7</sup> Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

<sup>8</sup> So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. <sup>9</sup> Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. <sup>10</sup> Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

The Lord's Prayer <https://www.churchofengland.org/our-faith/what-we-believe/lords-prayer>

#### Key Bible verse:

'This is the day the Lord has made. We will rejoice and be glad in it' - Psalm 118: 24

#### Questions -

- How can we experience joy in all aspects of our life?
- How can we feel contentment in everything that we do?
- What does it take to be joyful, encouraging and positive to others?

Bible stories/verses linked to Joy; Bible chapter and verse; Key message	
1	<p><b>The Birth of Jesus: The Joy of Christmas (Luke 2:8-20) -</b></p> <p>The birth of Jesus brought boundless joy to the world, and those who rejoiced at His birth included the shepherds, the wise men, and countless believers throughout history. When the angelic host announced Jesus' birth to the shepherds, their hearts were filled with awe, gladness, and exceeding joy, for they recognized the arrival of the long-awaited Savior. The wise men, guided by a star, travelled from afar, their hearts filled with anticipation and joy as they presented gifts fit for a king. Throughout the ages, believers have found profound joy in the promise of salvation that Jesus' birth represents, knowing that through His life, death, and resurrection, they have received the gift of eternal life.</p>
2	<p><b>The Samaritan Woman at the Well: The Joy of Transformation (John 4:1-42) -</b></p> <p>In the New Testament we hear the story of the Samaritan woman experienced joy and transformation when she encountered Jesus and believed in Him. We can be honest about who we are when we talk to Jesus. He loves us, no matter what happens. True joy comes when we allow God to transform us. We will experience the fullness of joy when we are in Heaven in God's presence. Knowing that God has forgiven our sins is where we find inner joy. As a follower of Jesus, you will want to share the good news of Jesus with everyone you meet.</p>
3	<p><b>The Parable of the Lost Sheep: The Joy of Repentance (Luke 15:3-7) -</b></p> <p>Jesus taught that there is great joy in heaven when a lost sinner repents and returns to God. We can be part of this joy when we share the Gospel. When we share these stories of joy, we are sharing hope with people desperate to find a way to have peace with God. Some believe that at the moment of salvation, what they feel is temporary joy. But when we experience Christian joy, we realize this is much greater than a feeling. This is knowing that we have been forgiven. The real joy we feel is from knowing where we will be for eternity.</p>
4	<p><b>Mary's Song (Luke 1:46-55) -</b></p> <p>The story of Mary's song, also known as the Magnificat, is a beautiful example of joy in the Bible. Mary was chosen to bear the Son of God, and her response was one of joy and gratitude. Her song expresses her joy in God's faithfulness and mercy, and it is a reminder of the goodness of God. Mary's joy is rooted in her trust in God. She knows that God has chosen her for a special task, and she rejoices in the privilege of being the mother of Jesus. Her song is also a prophetic declaration of what God is going to do through Jesus. Mary's joy is contagious, and it reminds us of the power of God to work in our lives. Mary's song is a reminder that we can find joy in God's faithfulness and mercy, even in difficult circumstances. Mary faced many challenges as the mother of Jesus, but she never lost her joy in the Lord. As we face our own challenges and struggles, may we be like Mary and find joy in God's goodness and faithfulness.</p>
5	<p><b>The Story of the Prodigal Son: The Joy of Reconciliation (Luke 15:11-32) -</b></p> <p>The father's joy at the return of his wayward son illustrates the joy of reconciliation and forgiveness. We must ensure that our visitors always feel welcome in our church. We never know when someone is returning to Christ. The parable of the prodigal son illustrates the supernatural joy of reconciliation. In this touching story, a wayward son squanders his inheritance on reckless living and finds himself destitute. Overwhelmed by remorse, he returns to his father, who, instead of condemnation, embraces him with open arms. The father's joy at the reconciliation is palpable, as he orders a grand celebration, symbolizing God's abundant grace. This parable teaches us that no matter how far we may have strayed, our Heavenly Father eagerly awaits our return, ready to forgive and restore us. The joy of reconciliation, depicted through the father's unwavering love and the son's repentance, reminds us of the boundless mercy and grace that flow from the source of our joy, a restored relationship with God.</p>

6	<p><b>Pentecost (Acts 2:1-13) -</b></p> <p>The story of Pentecost is a story of joy and empowerment. The Holy Spirit descended on the disciples, and they were filled with joy and boldness to share the good news of Jesus with others. The disciples spoke in different languages, and many people came to believe in Jesus as a result. The Holy Spirit is the source of our joy and empowerment as Christians, and Pentecost is a reminder of the power of the Holy Spirit in our lives. The disciples' joy is a reminder that the Holy Spirit is a real and tangible presence in our lives. The Holy Spirit is not just a concept or an idea, but a real and powerful force that empowers us to live a life of joy and purpose. As we seek to live a life filled with the Holy Spirit, may we experience the joy and empowerment that comes from this relationship. The disciples' joy is also a reminder that our joy is connected to our mission as Christians. The disciples were filled with joy and boldness to share the good news of Jesus with others, and many people came to believe as a result. As we seek to share the good news of Jesus with others, may we do so with joy and excitement, knowing that the Holy Spirit is working in and through us.</p>
7	<p><b>The Samaritan Woman at the Well: The Joy of Transformation (John 4:1-42) -</b></p> <p>In the New Testament we hear the story of the Samaritan woman experienced joy and transformation when she encountered Jesus and believed in Him. We can be honest about who we are when we talk to Jesus. He loves us, no matter what happens. True joy comes when we allow God to transform us. We will experience the fullness of joy when we are in Heaven in God's presence. Knowing that God has forgiven our sins is where we find inner joy. As a follower of Jesus you will want to share the good news of Jesus with everyone you meet.</p>
8	<p><b>The Wedding at Cana: The Joy of a Miracle (John 2:1-11) -</b></p> <p>Jesus' miracle of turning water into wine at a wedding celebration brought the hosts and guest's joy. We can rejoice and worship our saviour when we experience his miracles. At this wedding, we see the joy of the Lord shown as Jesus performs his first miracle. At the wedding at Cana, Christ Jesus performed a remarkable miracle by turning water into wine. This act of divine generosity and abundance filled the hearts of the newlyweds and their guests with a joyful heart. In a moment of need, Jesus demonstrated His miraculous power and deep concern for human celebrations and the happiness of those around Him. This story reminds us that Christ's presence can transform ordinary moments into ones of great joy and abundance, making our hearts overflow with gratitude and wonder at His boundless grace.</p>
9	<p><b>The Feeding of the 5,000: Joy of Satisfaction (Matthew 14:13-21) -</b></p> <p>In God's word we read about the time Jesus multiplied the loaves and fishes to feed a large crowd, bringing joy and satisfaction to those present. When you need a miracle, go to Jesus, and ask for Clarity and Direction. He will give it. He is the God of hope, and the promise of peace. In this story we see a little boy who came to Christ and was used to feed thousands.</p>
10	<p><b>The Resurrection (Matthew 28:1-10) -</b></p> <p>The story of the resurrection of Jesus is the ultimate story of joy in the Bible. The women who went to Jesus' tomb were greeted by an angel who proclaimed that Jesus was alive. Their initial fear and confusion turned to joy and amazement as they realized the truth of the resurrection. The resurrection is the foundation of our faith as Christians, and it is the ultimate source of joy. The women's joy is a reminder that the resurrection is a real and tangible event that changes everything. The resurrection is not just a spiritual concept or a metaphor, but a historical event that has real implications for our lives. As we celebrate the resurrection of Jesus each year, may we be reminded of the power and significance of this event. The women's joy is also a reminder that our joy is connected to our faith in Jesus. The resurrection of Jesus is the foundation of our faith, and it is the ultimate source of our joy. As we put our faith in Jesus and trust in His resurrection, may we experience the fullness of joy that comes from knowing Him.</p>

**Other free resources on joy to explore:**

<https://whenyouneedgod.com/9-uplifting-bible-stories-about-finding-joy-and-happiness/>

<https://viralbeliever.com/finding-joy-in-the-bible-7-stories-of-joy-223/>

<https://www.crosswalk.com/faith/bible-study/bible-characters-who-teach-us-about-joy.html>

<https://kidsofintegrity.com/lesson/joy/bible-stories/>