

Jesus

and emotions



Jesus & Joy

Luke 10:17-24





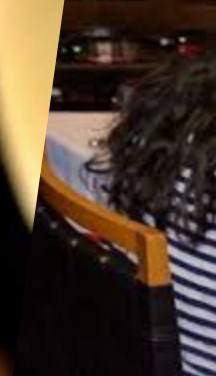
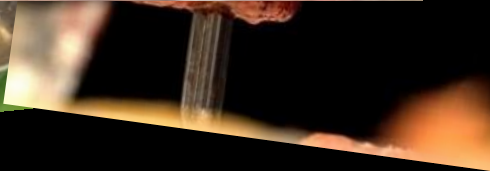
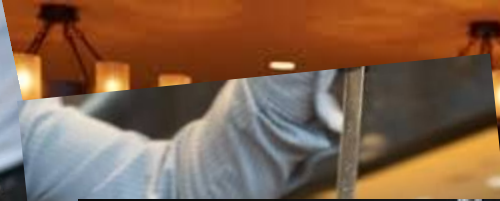














A hand holds a green circular card with the text "YES, PLEASE!" in a serif font. The background is a blurred restaurant interior with tables, chairs, and warm lighting.

**YES,
PLEASE!**

A hand holds a red circular sign with the text "NO THANKS" in white, serif, all-caps font. The background is a blurred restaurant interior with tables, chairs, and warm lighting.

**NO
THANKS**

1. What is biblical joy?



- 1. What is biblical joy?**
- 2. Did Jesus experience it?**



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- 2. Did Jesus experience it?**
- 3. How do we cultivate it?**



What is Biblical Joy?



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Scripture presents joy as a fitting response to who God is, what he has done, and what he has promised to do.



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Who God is -



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“In your presence there is fullness of joy; at your right hand are pleasures forevermore” - Psalm 16:11



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What God has done -



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Israel rejoices after being delivered from Egypt - Exodus 14 & 15



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David danced before the Lord - 2nd Samuel 6

Exiles celebrated the rebuilding of the temple - Ezra 6

Sorrow turned to gladness and mourning into a holiday - Esther
9:20-22



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Ethiopian official believes in Jesus, is baptized, and goes on his way rejoicing - Acts 8:26–40



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A jailer and his household come to faith, and their home is filled with joy in Philippi - Acts 16:25–34



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God will rejoice over them with singing - Zephaniah 3:14-17



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Sorrow will be turned to Joy - John 16:20-22



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God will make all things new - Revelation 21:1-5



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“Rejoice in hope” - Romans 12:12



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The Bible gives us reasons to rejoice.

Scripture presents joy as a fitting response to who God is, what he has done, and what he has promised to do.

Biblical joy is the Spirit-given delight and a deep confidence that comes from knowing God, belonging to Jesus, and trusting in His promises.



Joy in the Trials



Joy in the Trials

We often become aware of emotions when they arrive;
but we tend to become aware of joy when it leaves.



Joy in the Trials

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“Yet I will rejoice in the Lord” (Habakkuk 3:17–18)



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“Who for the joy that was set before him endured the cross” - Hebrews 12:2



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Biblical joy acknowledges sorrow is real, but takes peace in knowing it is not final.



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Jesus moves joy from accomplishment to belonging.



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The joy of Jesus is rooted in knowing and being known by his Father.



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Cultivating Joy



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Prayer



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Adoration and Gratitude - Names who God is and what He has given



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Honest Lament - Brings what actually hurts into the presence of the Father



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Honest Lament - Brings what actually hurts into the presence of the Father

Trust and Surrender - Entrusts what we cannot control to the Father's wisdom and love

