

Joy comes from being noticed.

Luke 1:46-49 (NLT) - "Oh, how my soul praises the Lord. ⁴⁷How my spirit rejoices in God my Saviour!
⁴⁸For he took notice of his lowly servant girl, and from now on all generations will call me blessed.
⁴⁹For the Mighty One is holy, and he has done great things for me."

Joy comes from what God has done.

Luke 1:50-54 (NLT) - "He shows mercy from generation to generation to all who fear him. ⁵¹His mighty arm has done tremendous things! He has scattered the proud and haughty ones. ⁵²He has brought down princes from their thrones and exalted the humble. ⁵³He has filled the hungry with good things and sent the rich away with empty hands. ⁵⁴He has helped his servant Israel and remembered to be merciful."

Joy comes from seeing God honour his promise.

Luke 1:55 (NLT) - "For he made this promise to our ancestors, to Abraham and his children forever."

Joy comes from perspective, not pleasure.

And... it's contagious

Luke 1:39-45 (NLT) - A few days later Mary hurried to the hill country of Judea, to the town ⁴⁰where Zechariah lived. She entered the house and greeted Elizabeth. ⁴¹At the sound of Mary's greeting, Elizabeth's child leaped within her, and Elizabeth was filled with the Holy Spirit. ⁴²Elizabeth gave a glad cry and exclaimed to Mary, "God has blessed you above all women, and your child is blessed. ⁴³Why am I so honoured, that the mother of my Lord should visit me? ⁴⁴When I heard your greeting, the baby in my womb jumped for joy. ⁴⁵You are blessed because you believed that the Lord would do what he said."

Study Guide

We talked about joy on Sunday and how joy comes from perspective not comfort. When we take the time to remember who God is, to remember that he loves and knows us, and to remember that He keeps his promises, that gives us a joy that is not bound to comfort or happiness. It gives us a joy that transcends all of that.

Take a moment to read these scriptures:

Philemon 1:7 (NLT) - "Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God's people."

2 John 1:12 (NLT) - "I have much more to say to you, but I don't want to do it with paper and ink. For I hope to visit you soon and talk with you face to face. Then our joy will be complete."

When we read these scriptures we can see the communal experience of joy, that joy is something we can experience together and because of each other.

So, if joy comes from perspective on what God has done, that He cares for us, and the promises He has made, then let's take some time to experience the joy of changed perspective. Please take some time to share stories about what God has done in your life and the lives of others. Share about the promises he has made and kept, and the times where you were reassured that he cares for you and has noticed you.

May you be encouraged by the sharing of this together, may your perspective be changed, and may you experience His joy.