

"A Song for Joy!"

I will praise the LORD, who counsels me;
even at night my heart instructs me.

⁸ I keep my eyes always on the LORD.

With him at my right hand, I will not be shaken.

⁹ Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,

¹⁰ because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.

¹¹ You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

Psalm 16:7-11

JOY: An inner feeling of excitement and deep delight caused
by the Holy Spirit, as a result of focusing on Christ.

1. Joy comes from confident trust in God.

*Keep me safe, my God,
for in you I take refuge.*

*I say to the LORD, "You are my Lord;
apart from you I have no good thing.*

Psalm 16:1-2

*So we can confidently say, "The Lord is my helper; I will not fear;
what can man do to me?"*

Hebrews 13:6

a. Focus on God

I keep my eyes always on the LORD.

With him at my right hand, I will not be shaken. *Psalm 16:8*

b. Watch for God's goodness.

*I remain confident of this: I will see the goodness of the LORD in
the land of the living.* *Psalm 27:13*

2. Joy brings hopeful endurance.

*Therefore my heart is glad and my tongue rejoices;
my body also will rest secure.*

Psalm 16:9

*Though you have not seen him, you love him; and even though you
do not see him now, you believe in him and are filled with an
inexpressible and glorious joy.*

1 Peter 1:8

a. It is from Jesus.

*I have told you these things so that you will be filled with my joy.
Yes, your joy will overflow!*

John 15:11

b. It impacts others.

*Therefore if you have any encouragement from being united with
Christ, if any comfort from his love, if any common sharing in the
Spirit, if any tenderness and compassion, then make my joy
complete by being like-minded, having the same love, being one
in spirit and of one mind.*

Philippians 2:1-2

3. Joy is God's plan.

*You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.*

Psalm 16:11

a. An earthly reality.

*Rejoice always, pray continually, give thanks in all
circumstances; for this is God's will for you in Christ Jesus.*

1 Thessalonians 5:16-18

b. An eternal promise.

*So also you have sorrow now, but I will see you again, and your
hearts will rejoice, and no one will take your joy from you.*

John 16:22

Questions to consider this week:

1. What might be trying to steal your joy?
2. What good things is God doing around you?
3. How can you 'refresh' someone else this week?

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