

“Renewed Joy for Living3”

Series part4

January 26, 2026

This month we have been sharing in the scriptures, and teaching Joy is a state of being from God. Happiness comes and goes depending on circumstances. There is a vast difference between happiness and joy. Joy is measured out by what God gives us. As believers, (Christians) we have been given something more powerful within our souls that cannot be taken away. We have received and continue to receive the grace of God through Jesus Christ and the abiding Holy Spirit. We can hold onto Joy; we can feel it deep within our souls and rejoice with praise no matter the circumstances existing in our lives. ***“I am with you, always even unto the end of the Age.”*** {Matthew 28:20b} Even when we may have a bad day, we can joyfully focus on what the Lord has done for us. Regardless of what is happening to us or in us, there is always joy to be found prayerfully in His presence and from the Word. Joy and rejoicing appear in the bible 430 times more than happy and happiness.

Scripture Text: Psalms 16:11 NET: You lead me in the path of life. I experience absolute joy in your presence; you always give me sheer delight.

Hebrews 12:1-3 NET 1 Therefore, since we are surrounded by such a great cloud of witnesses, we must get rid of every weight and the sin that clings so closely and run with endurance the race set out for us, **2** keeping our eyes fixed on Jesus, the pioneer and perfecter of our faith. For the joy set out for him He endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. **3** Think of him who endured such opposition against himself by sinners, so that you may not grow weary in your souls and give up.

Psalms 16:11 *You lead me in the path of life. I experience absolute joy in your presence; you always give me sheer delight.*

When we allow the Holy Spirit to lead us, He leads us to life and that life is in Christ. When we commune with Christ, burdens are lifted, fears fade away, strength is renewed, and Holy Spirit power is infused in our spirit! ***“I can do all things through Christ who Strengthens me.”*** {Philippians 4:13} Paul believes in the power of faith and the ability to overcome any challenge, and he had many.

David, from his youth experienced God’s presence and direction. When trouble arose, he knew to direct his prayer and praise to God. His relationship with God built a confidence in his spirit that allowed him to do great exploits as he prayerfully acknowledged God.

Do you have the kind of closeness and trust in the Lord that causes you to keep Him at the center of your activities?

When was the last time you experience absolute joy? The kind of Joy David is referring to is independent of people, places, things or achieving a goal. When you know that God

has you... you can face difficulties with confidence and resolve. He wrote, ***“The Lord is my Sheperd, and I shall not want.”*** {Psalms 23}

Hebrews 12:1 *Therefore, since we are surrounded by such a great cloud of witnesses, we must get rid of every weight and the sin that clings so closely and run with endurance the race set out for us,*

There have been many God-fearing Spirit-filled Christians in our individual lives who trusted God and reflected His grace in the world. They sacrificed and went without that others would come to know the Lord by the way they conducted their lives among an unbelieving world. They lived with an awareness of the Lord's imminent return, and they did not want to be the reason someone missed an opportunity to know and experience God's presence. They would fast and pray to seek God's will for themselves and others. There would be a radiance about them as they joyfully served and poured themselves into the lives of other believers. They lived out their faith and trust in the Lord.

VERSE 2 *keeping our eyes fixed on Jesus, the pioneer and perfecter of our faith. For the joy set out for him He endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.*

There are so many sweeping changes in the world today that challenges the core of beliefs that God is sovereign. When all the focus is on the problem, it becomes difficult to look upward and see the Lord directing you through the maze.

Jesus communed with the Father often focusing on the mission of bringing humanity back into relationship with Father God. He knew it would cost him every ounce of his blood, to be despised for righteousness when he was exactly what was needed. He was aware that all His good will and righteous accomplishments would be despised and rejected by others. Yet, He was willing to do it for a lost sinner like me to have eternal life and live with Him.

What are you willing to do to have a perfect body and eternal life?

VERSE 3 *Think of him who endured such opposition against himself by sinners, so that you may not grow weary in your souls and give up.*

The message is clear for anyone who suffering as a believer not to become weary or fainthearted to focus on Jesus Christ. He has given all His follower's victory over sin, death, and the grave for us to rejoice in His victory to provide us access into God's eternal presence.

Applications:

There is no substitute for the joy from the Lord, which satisfies the soul.

Happiness comes and goes, but His joy is eternal as His Spirit.