



JOY IS STRENGTH

PSALM 126: A Song of Ascents

Eugene Peterson: *“Joy is not a requirement of the Christian life, it’s a consequence”*

1) Joy is a _____ of faith.

[1] When the LORD restored the fortunes of Zion, we were like those who dream. [2] Then our mouth was filled with laughter, and our tongue with shouts of joy...

Romans 8:11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your MORTAL bodies through his Spirit who dwells in you.

2) Our JOY is an act of _____.

C.S. Lewis: *“Joy is a direct insult to the realism, dignity and austerity of hell.”*

WHAT IS THE MESSAGE YOUR JOY SENDS TO SATAN?

3) Our joy is a beacon of _____.

...then they said among the nations, **“The LORD has done great things for them.”** [5] Those who sow in tears shall reap with **shouts of joy!** [6] He who goes out weeping, bearing the seed for sowing, shall come home with **shouts of joy**, bringing his sheaves with him.

4) Our joy is rooted in the _____ of God.
Nehemiah 8:10 “The joy of the LORD is your strength.”

Dallas Willard: “A joyous God fills the universe. Joy is the ultimate word describing God and his world. Creation was an act of joy, of delight in the goodness of what was done. It is precisely because God is like this, and because we can know that he is like this: that a life of full contentment is possible.”

5) Practice the _____ of joy.

1 Thess. 5:16 “Be joyful always.”

Hebrews 12:2 “Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross”

DIGGING DEEPER

Questions and reflections for your own personal or group study.

1. In your own words, how is joy a “consequence” of faith?
2. How is our joy an act of “defiance”?
3. What is the message your joy sends to Satan?
4. Have you ever been around a person characterized by joy and peace?
 - a. What effect does that have on you?
5. How might your joy affect the people around you?
6. Talk about this idea that God’s character is joy.
7. Read John 15:11. What does this tell you about the character of Jesus?
8. How can you practice the “discipline” of joy? Does this seem like an oxymoron?