

**May 10 / Sunday**

**Finding Joy**

Read [Romans 15:13](#)



**11 / Mon – Prerequisite to joy** | Read [Proverbs 3:5-6 / Romans 12:12](#)

There are prerequisites to experiencing the kind of deep joy that persists despite difficult times. True joy comes when you are at peace but peace sits on the bedrock of trust. The more you choose to trust the sovereignty and goodness of God, the greater your peace will be. Only then will you find the joy that remains. When joy is hard to find, look closer at the level of your peace and then dig deeper to see if distrust has started creeping in. A question your enemy tries repeatedly to sneak into your mind: can you really *trust* God? Your answer to that question will affect your joy.

**12 / Tue – Antidote for lost joy** | Read [2 Corinthians 4:7-9 and 16-18](#)

Looking *around* more often than looking *up* can rob you of joy. What is a good antidote? Paul wrote to the Christians in Corinth who were facing their own troubles. He reminded them of the temporary nature of physical life. Troubles are temporary but joy will come from focusing on what is eternal. When was the last time you looked around at all the things stealing your joy and said to yourself “this is just temporary”? Remind yourself that you and God will get through it together.

**13 / Wed – Joy restored** | Read [Psalm 16:11 and 51:12 and 92:4](#)

It is rare but there can be times when you find absolutely nothing positive in your life. Could it be that you have forgotten the ‘joy of your salvation’? Remember the times when you’ve felt God close to you? Remember the peace that filled your heart when you realized He was real and that He cared about you? If so, you can echo the prayer in Psalm 51, asking God to restore that joy. Everything else may fail but He will *never* leave you. And even when it seems He has, it’s a lie.

**14 / Thu – A worthy goal** | Read [John 15:11 and 17:13 / Hebrews 12:1-3](#)

Jesus is our example, the one we want to emulate. What did he do when he was facing the worst time of his life? You can find a description in Hebrews. He was motivated because of the joy set before him. Just like a marathon runner, Jesus saw the goal ahead and pressed on through every obstacle and every temptation to give up. What permanent joy ahead spurs you on?

**15 / Fri – First things first** | Read [2 Corinthians 8:1-5](#)

The Christians at Macedonia were experiencing extreme poverty and a severe trial but in the middle of that mess, their rich generosity was fueled by their overflowing joy. How could that be? You will find the secret in v. 5. They committed themselves to the Lord first. When you look up and see the vast riches of your inheritance in the Lord, that joy will so fill your heart it will spill over onto others around you. Does this help you keep perspective?

**16 / Sat – Looking back** | Read [1 Peter 1:8-9 / 1 Thessalonians 1:6 / Romans 15:13](#)

What insight about *joy* did you gain from reading the Bible this week?

Were you able to maintain peace and joy this week in spite of circumstances? How?

What is one verse regarding *joy* that you could plant in your mind to use now and in the future?