

— LESSON ONE —

Recovering Your Joy

*“The Kingdom of God is not a matter of what we eat or drink,
but of living a life of goodness and peace and joy in the Holy Spirit.”*

Romans 14:17

“The joy of our hearts has ended.”

Lamentations 5:15

HOW TO RECOVER MY JOY

1

“Restore to me the joy of your salvation.”

Psalms 51:12 (NIV)

2

“Let us examine our ways and test them, and let us return to the Lord.”

Lamentation 3:40 (NIV)

3

*“If you obey my commands, you will remain in my love, just as I have obeyed my Father’s
commands and remain in his love. I have told you this so that my JOY may be in you
and that your joy may be complete.”*

John 15:10-11 (NIV)

4

“The Lord has done great things for us, and we are filled with joy.”

Psalms 126:3 (NIV)

5

“Your words are what sustain me. They bring me great JOY.”

Jeremiah 15:16 (TLB)

*“Until now you have not asked for anything in my name.
Ask and you will receive, and your JOY will be complete.”*

John 16:24 (NIV)

“Let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation.”

Psalms 95:1 (NIV)

6

*“God has ... given us new lives from Christ Jesus; and long ago he planned that we should
spend these lives in helping others.”*

Ephesians 2:10 (LB)

“...There is more happiness in giving than in receiving.”

Acts 20:35 (TEV)

7

“There is joy in heaven over one sinner who changes his heart and life...”

Luke 15:7 (NCV)