

Happiness often refers to a mood or emotion we feel based upon the circumstances we are experiencing. God does not promise happiness in all things. We will experience pain, suffering, sadness, heartbreak, and more. Rather, God declares that we are to “rejoice always” (1 Thessalonians 5:16).

This lesson continues to explore how joy is a requirement for the Christian life and how we can find that God-satisfying joy.

### Shattering Your False Image

- 1 **Read Galatians 6:3.** This is a reminder of what we have learned in the previous lessons about who we truly are. This verse does not mean that if you are something, then it is okay to think you are something. But if you are really nothing, then it is wrong to think you are something.

**For if anyone thinks he is something, when he is nothing, he deceives himself.  
(Galatians 6:3 ESV)**

What is the truth about who we are, according to Paul? What are we?

If we think we are something, what are we doing?

### Establishing Your True Image

- 2 **Read Isaiah 61:10.** Isaiah is writing about what the people will do when Christ comes and proclaims the good news (cf. 61:1-3). Why should we rejoice? What is the basis for our joy?

**I will greatly rejoice in the LORD; my soul shall exult in my God, for he has clothed me with the garments of salvation; he has covered me with the robe of righteousness, as a bridegroom decks himself like a priest with a beautiful headdress, and as a bride adorns herself with her jewels. (Isaiah 61:10 ESV)**

- 3 **Read Isaiah 65:18-19.** Isaiah speaks of the coming age in Christ. What has God created us to be? What is God doing in his people?

**18 But be glad and rejoice forever in that which I create; for behold, I create Jerusalem to be a joy, and her people to be a gladness. 19 I will rejoice in Jerusalem and be glad in my people; no more shall be heard in it the sound of weeping and the cry of distress.  
(Isaiah 65:18–19 ESV)**

- 4 Read Zephaniah 3:14-17.** Zephaniah is speaking about the arrival of the King of Israel. Why should the people be rejoicing at the coming of Christ? What will God do over us? What does this mean?

**14 Sing aloud, O daughter of Zion; shout, O Israel! Rejoice and exult with all your heart, O daughter of Jerusalem! 15 The LORD has taken away the judgments against you; he has cleared away your enemies. The King of Israel, the LORD, is in your midst; you shall never again fear evil. 16 On that day it shall be said to Jerusalem: "Fear not, O Zion; let not your hands grow weak. 17 The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.**  
**(Zephaniah 3:14–17 ESV)**

- 5 Read Isaiah 62:4-5.** Isaiah again speaks of the time when Christ, the builder comes. What will God do over us? Why would God do this? What does this tell us about God's plans for us?

**4 No longer will they call you Deserted, or name your land Desolate. But you will be called Hephzibah, and your land Beulah; for the LORD will take delight in you, and your land will be married. 5 As a young man marries a young woman, so will your Builder marry you; as a bridegroom rejoices over his bride, so will your God rejoice over you.**  
**(Isaiah 62:4–5 NIV)**

#### **TRANSFORMATION:**

- 1** Where do we find our joy? How can we keep our joy in God and not in this world?
- 2** What will happen if you maintain your worldly expectations for life and do not find your hope and joy in God?
- 3** Does the Bible ever say to glory in ourselves? Who do we glorify? How can we do this everyday?
- 4** What does Job's life teach us? How can we transform our lives to match his?