

DIVING DEEPER

- Share an experience where you felt joyful despite difficult circumstances.
- Reflect on 1Thessalonians 5:16-18—"Rejoice always, pray continually, give thanks in all circumstances." What is Paul encouraging us to do? What would this mean in your current circumstances?
- Share an experience where you faced the choice to pray or lose heart. What did you learn?
- How can we encourage each other to find joy in hardships? As a small group? As a church or larger community?

NOTES



Bible Baptist Church **BIBLE STUDY**

WALKING IN JOY, IT'S YOUR CHOICE

GALATIANS 5:22, PHILIPPIANS 4:4

Today
I CHOOSE
joy

THURSDAY, JANUARY 29, 2026

REVEREND SIRRNEST T. WEBSTER, TEACHING PASTOR



"Where the Church is a Family"

BIBLE BAPTIST CHURCH OF PALMETTO

1720 6TH AVE WEST

PALMETTO, FL 34221

FACEBOOK: BIBLE BAPTIST CHURCH OF PALMETTO



GOD SPEAKS

DEFINITION: "HAPPINESS"

DEFINITION: "JOY"

I. WHY WE CAN BE JOYFUL IN SPITE OF CIRCUMSTANCES

1. BECAUSE WE HAVE A _____.

"We rejoice in the hope of the glory of God" **Romans 5:2**

"Base your happiness on your hope in Christ" **Romans 12:11**

2. BECAUSE GOD HAS A _____ IN EVERY SITUATION.

"Not only so, but we also rejoice in our suffering, because we know that suffering produces perseverance; and perseverance, character; and character, hope." **Romans 5:3-4**

3. BECAUSE GOD IS _____ WITH US.

"But that is not all, we rejoice in God through our Lord Jesus Christ, who has made us God's friends." **Romans 5:11**

"Charis": Grace

"Chara": Joy

"When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you. For I am the Lord your God." **Isaiah 43:2**

II. HOW TO ENJOY YOUR LIFE MORE

FOUR EXERCISES THAT DEVELOP INNER JOY

1.

"...give thanks in all circumstances, for this is God's will for you in Christ Jesus." **1 Thessalonians 5:18**

"My heart leaps for joy and I will give thanks to him in song." **Psalm 28:7**

2.

"Jesus himself said, 'There is more happiness in giving than receiving.' **Acts 20:35**

"Bring your whole Tithe into my storehouse, says the Lord. Test me and see if I won't pour out so much blessing that you will not have room enough for it." **Malachi 3:10**

3.

"Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does." **Ephesians 6:7-8**

"Serve the Lord with gladness." **Psalm 100:2**

4.

"The first thing Andrew did was to find his brother Simon and tell him 'We've found the Messiah'. And he brought his brother to Jesus." **John 1:40-41**

"How I wish with all my heart that my own people might be saved! How I pray to God for them!" **Romans 10:1**

"Restore to me the joy of your salvation" **Psalm 51:12**

GOD INVITES

Heavenly Father, I come before You humbly asking You to restore the joy of Your salvation to me. I'm grateful my salvation is secure. It brings peace to this weary soul, but I long to rest and rejoice in the joy that is mine in Christ Jesus. Like David, I've allowed sin to hijack the joy I once knew and enjoyed. Please forgive this wandering heart, make it new, and place within me the desire to obey, follow, and remain close to You, for joy will indeed spring alive. In Jesus name, Amen.