

The Benefits of Joy

with Dr. Wilfred Graves Jr.



Prayer and Bible Band
(10/22/24)



Background Scriptures

- **Psalm 21:1**
- **Psalm 27:1**
- **Psalm 35:27**
- **Psalm 118:14**
- **John 15:11 (NLT)**
- **Galatians 5:22-23**
- **1 Thessalonians 2:19**

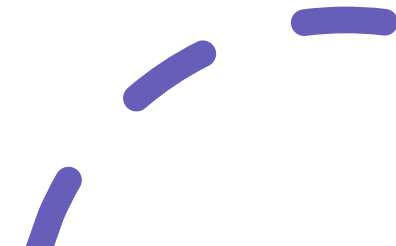
Theological Definition of Joy

Joy is a gift from God, an aspect of His grace, by which He draws us closer to Him, strengthens us, and equips us to serve Him with gladness, no matter our circumstances.





Benefit 1: Joy Brings Strength in Challenges

- **Nehemiah 8:10 - "The joy of the Lord is your strength."**
 - **Joy gives us inner strength to persevere, even when life is overwhelming.**
 - **Prompt: "When has God's joy helped you keep going through difficult times?"**
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Benefit 2: Joy Produces Healing and Restoration

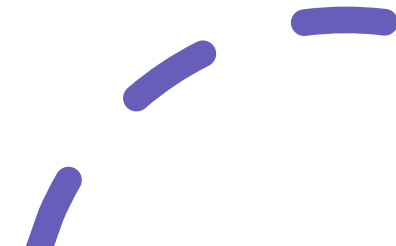
- **Proverbs 17:22 - "A joyful heart is good medicine."**
 - **Unforgiveness blocks joy; forgiveness restores freedom and joy.**
 - **Prompt: "How does forgiveness open the door to joy?"**
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Benefit 3: Joy Fuels Worship and Gratitude

- **Psalm 100:4 - "Enter His gates with thanksgiving, and His courts with praise."**
- **Joy naturally draws us into worship, and worship cultivates joy.**
- **Interactive Activity: "Share something you are grateful for this week."**
- **Hymn: "This joy that I have, the world didn't give it to me..."**



Benefit 4: Joy Motivates Ministry & Evangelism

- **Joy inspires us to serve others and share the good news.**
 - **Joy is contagious—it draws people to experience God's love.**
 - **Prompt: "How has joy motivated you to share your faith or serve someone?"**
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Conclusion and Challenge for the Week

- Joy is not dependent on circumstances. It is rooted in God's presence and available at all times.
- Challenge for the Week:
"How can you intentionally choose joy through prayer, forgiveness, or gratitude this week?"
- Closing Prompt: "Let God's joy flow through your life."