

The Benefits of Joy – Class Handout

Access the New Greater Hope COGIC Resource Page

Learn more about Dr. Wilfred Graves Jr. and download the teaching notes and PowerPoint slides for this session at <https://www.wilfredgraves.org/nghcogic>.

Key Scriptures

1. **Psalm 21:1** – Joy in God's strength
2. **Psalm 27:1** – The Lord is our light and salvation.
3. **Psalm 35:27** – Rejoicing in the Lord's pleasure.
4. **Psalm 118:14** – The Lord is our strength and song.
5. **John 15:11** – Joy made full in Christ (NLT: "Overflowing joy")
6. **Galatians 5:22-23** – Joy as a fruit of the Spirit
7. **1 Thessalonians 2:19** – Joy and hope in Christ's return

Theological Definition of Joy

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

The Four Benefits of Joy

1. **Joy Brings Strength in Challenges**
 - Helps us endure hardships with peace (Nehemiah 8:10).
 - **Question:** How has God's joy strengthened you?
2. **Joy Produces Healing and Restoration**
 - Refreshes the soul, promotes forgiveness (Proverbs 17:22).
 - **Question:** How does forgiveness open the door to joy?
3. **Joy Fuels Worship and Gratitude**
 - Shifts focus from problems to God's faithfulness (Psalm 100:4).
 - **Activity:** Write one thing you are grateful for this week.
4. **Joy Motivates Ministry and Evangelism**
 - Inspires us to serve and share God's love.
 - **Question:** How has joy motivated you to serve or share your faith?

Reflection and Challenge for the Week

How can you intentionally choose joy through prayer, forgiveness, or gratitude this week?

Space for Personal Notes