

Joy, A Superfood For Christians

“Restore to me the joy of Your salvation, and uphold me with a willing spirit.” Psalm 51:12, English Standard Version

Galatians 5:22,23 – Joy is a _____ of the _____ we can bear.

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A. Is there a superfood for Christians?

1. 1 Kings 19:7,8 – When _____ ate what the _____ gave him, he traveled far through its _____.
2. Hebrews 12:2 – Jesus _____ the cross because of the _____ set _____ Him.
3. Acts 5:40,41 – The _____ endured a beating, then were _____ to be counted worthy of it.
4. James 1:2-4 – We are to _____ it all joy when we meet _____ of _____ kinds.

B. Nehemiah 8:10 – “The joy of the _____ is your _____.”

How A Christian Obtains Joy

A. **Joy is centered in Christ:**

1. Luke 2:10,11 – The angels’ news of _____ joy was the _____ of a _____, Christ the _____.
2. John 15:10,11 – By _____ Jesus’ _____ we will experience a life of joy that is _____.

B. **Joy is based on our salvation:**

1. Psalm 51:12 - _____ to me the joy of Your _____.
2. Isaiah 61:10 – “I will rejoice ... for He has _____ me with the _____ of salvation.”
3. Acts 8:39 – The _____ went on his way _____.

C. **Joy is based on anticipated blessings:**

1. Matthew 25:21 – It will bring joy to hear the _____ say, “_____ done, good and _____ servant ...”
2. 1 John 3:2,3 – When Jesus _____ we shall be _____ Him, and shall _____ Him as He is.

Habakkuk 3:17-19 – Even if the fields yield no _____ - we can _____ in the Lord, take _____ in the God of our _____.

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