

#AllTheFeels – Joy

This year we will be doing an in-depth study on emotions by walking through the book of Psalms and learning the Biblical perspective on how we should handle each emotion. No matter if we are battling a negative emotion or rejoicing in the positive emotions, they should not dictate our lives or how we bring praise to God. In every season, circumstance, and emotion we can always bring glory to God.

This month's study we will be focusing on the emotion of Joy and we see that Psalm 33 shows us how to have joy through all of life's circumstances.

Read Psalm 33

Watch #AllTheFeels – Joy Video

- How would you define joy for yourself?

Read verses 1-3

This section calls the righteous to bring praise to God, so how do we bring praise with a joyful heart in the midst of heavy circumstances?

The remaining verses in this Psalm points out 4 main ways we can remain joyful despite our current position.

1. We find JOY by remembering God's voice in our past

Read verses 4-9

- Does anyone have an example of how God walked you through a difficult situation in the past?

When we look at what He has done in the past, we are better able to trust Him for the future. We realize that He will continually be faithful and good.

2. We have JOY by looking for God's plan in the present

Read verses 10-12

The psalm shifts from past to present in these verses. God foils the plans of superpower nations, yet His plans remain immovable. The psalmist encourages God's children to look for God's plan in whatever circumstance we are experiencing. Jesus was able to endure the Cross because of the joy that was set before Him (Hebrews 12:2).

God is powerful and able to weave all of our life circumstances together to create a wonderful tapestry that accomplishes His purpose.

- How can you find joy in knowing that God's good and perfect plan for you stands firm forever?

3. We find JOY by acknowledging God's watchfulness in our lives

Read verses 13-15

These verses continue in the present tense, but shift focus to the individual level. God has formed every heart and can see inside each of us, and though that is a scary thought, it's also comforting. God not only sees our hearts; he sees our actions. God is concerned with our concerns. Some people believe that God is too busy running the world to care about our little struggles. This psalm shows that is not true.

Acknowledging God's watchfulness over our lives bring us joy and helps us live for God.

- What other misconceptions do you carry or others that you know carry, that need to be discarded in order to experience the fullness of God's joy?

4. We find JOY in anticipating God's power

Read verses 16-22

These verses shift to the future tense, showing us that what we usually place our hope in are completely unreliable. Even the things that seem to bring security and protection are an illusion.

- In what ways do you hope in God's unfailing love and power?

Closing:

We have looked at how God has carried us in the past, He has a perfect and firm plan for us now, and we can be anticipating His unfailing love and power to carry us in the future. In every situation, we can be assured that God is good and is working on our behalf.

Share something with the group that you are struggling to find joy in and pray together that God would reveal His unconditional joy to each of us.