



Dig Deeper Study Guide

Stroudsburg United Methodist Church - October 16, 2011

Sermon

“Joy Comes in the Morning”

Psalm 30:4-5

by Ted Good

Things I want to remember about this sermon...

Monday 10/17/11

Psalm 30:4-5

Joy. One simple word; just three letters. This simple word is difficult to explain, define, or describe. And yet, when you see it, when you see joy, you know it immediately! “Weeping may linger for the night, but joy comes with the morning.” This one sentence speaks volumes not only about life but also about one’s theology or understanding of how God is present with us in our world. Hope does spring eternal and joy comes in the morning!

Tuesday 10/18/11

Matthew 5:21-22

Do you remember these lyrics? “I’ve got the joy, joy, joy, joy, down in my heart; down in my heart; down in my heart to stay!” I fondly remember singing this song in our opening exercises in Sunday School. And you couldn’t sing this song and not feel some joy in your heart! Joy is contagious. When one of us is full of joy, others see it and feel it, too. Joy comes from the heart and when you have joy in your heart everything else looks much brighter!

Wednesday 10/19/11

Psalm 4:7

“You have put gladness in my heart...” Are you glad? Do you feel the gladness that God provides to you? “Be ye glad!” In our more modern culture we say, “Don’t worry; be happy.” Every day you have a choice. You can get up in the morning and have a negative outlook, or you can be glad. It is a matter of the heart. I’ve met people who have extremely heavy burdens in their lives but who never let those burdens squash out their gladness. How can some people have this deep joy even during difficult circumstances in life? Well, it really is a choice. I hope you will choose to be glad today!



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Things to do this week in response to the sermon...

Do I have joy in my heart?

What brings joy to my life?

How do I see joy in the life of someone else? Is it contagious?

Thursday 10/20/11
Matthew 5:1-12

This section of the Sermon on the Mount is called The Beatitudes and is perhaps one of the most confusing of all biblical passages. After all, how in our world does it make sense that those who mourn will be comforted? Have you ever lost someone close to you? Maybe that loss still weighs heavy on your mind and in your heart. The finality of death has a sting like no other. And yet, Jesus says that those of us who mourn will be comforted. Do you believe this? Have you experienced this?

Friday 10/21/11
Luke 15:1-10

The joy in finding something lost is almost unmatched. Did you ever lose anything and then were able to find it later? Do you remember the joy and happiness that resulted from finding that lost item? This is exactly what Jesus was talking about when one lost soul is found. When this happens all of heaven rejoices! It is like a person who loses something and then finds it, in fact, there will be much more joy than this when a lost soul find repentance!

Saturday 10/22/11
Philippians 4:4-7

Any discussion of joy would be incomplete without this scriptural passage. Paul is actually in prison when he writes this letter! Yep, he is in prison and he writes, "Rejoice in the Lord always; again I will say rejoice." Can one actually rejoice in bad situations? Well Paul certainly did. When faith and assurance combine to produce deep conviction, anything is possible. Paul talks about this later on in this same chapter when he writes, "I can do all things through him who strengthens me." Let Christ be your strength today. Rejoice in the Lord always!