

Jump for Joy

Joy is the constant awareness, regardless of the situation, that everything is in God's control. For the believer, joy exists beneath crises, bad days and rotten experience. But sometimes our joy needs a boost. Choose one of the verses below that speaks to your heart. Then take turns sharing which verse you chose and why. You might decide to memorize the verse you have chosen and recite the verse at your next meeting.

The ransomed of the Lord will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away. Isaiah 51:11

You will go out in joy and be led in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. Isaiah 55:12

I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels. Isaiah 61:10

Blessed are those who have learned to acclaim you, who walk in the light of your presence, O Lord. They rejoice in your name all day long; they exult in your righteousness. Psalm 89:15–16

Shouts of joy and victory resound in the tents of the righteous: "The Lord's right hand has done mighty things!" Psalm 118:15

You have filled my heart with greater joy than when their grain and new wine abound. Psalm 4:7

Light is shed upon the righteous and joy on the upright in heart. Psalm 97:11

"I have told you this so that my joy may be in you and that your joy may be complete." John 15:11

"Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy." John 16:22

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls. 1 Peter 1:8