



## “Choosing Joy in Every Season”

Time: 20 Minutes

### Opening

Life can feel heavy. Responsibilities, unexpected challenges, disappointment, and even routine can slowly drain our joy. But as believers, joy is not something we wait for—it’s something we choose and develop through our relationship with God.

It is important to understand that joy is not the absence of problems—it’s the presence of God in the middle of them.

Today’s lesson is a reminder that no matter what season we’re in, we are still called and empowered to find joy in life.

### Scripture References & Biblical Example

Look up and read the following scriptures:

- Nehemiah 8:10 – “...for the joy of the Lord is your strength.”
- Philippians 4:4 – “Rejoice in the Lord always: and again I say, Rejoice.”
- John 15:11 – “...that my joy might remain in you, and that your joy might be full.”
- Psalm 118:24 – “This is the day which the Lord hath made; we will rejoice and be glad in it.”

#### Biblical Example of Joy Despite Circumstances

##### Paul the Apostle in prison (Philippians)

Paul wrote the book of Philippians (often called the “joy letter”) while sitting in prison. Despite being chained, uncertain about his future, and facing hardship, he repeatedly encouraged others to rejoice.

This teaches us something powerful: **Joy is not tied to your situation—it’s tied to your perspective and your connection to God.**

### Think. Discuss. Reflect.

#### 1. Joy is a Choice, not a Circumstance

We often think, “I’ll be happy when things get better.” But scripture tells us to rejoice **always**. That means joy is a decision we make daily. For an example, even in a busy, stressful day—laundry piled up, work deadlines, parenting—pausing to thank God shifts your mindset from overwhelmed to grateful.

## 2. Joy Comes from God, Not Things

People, money, success, and even good moments can make us happy—but only God gives lasting joy. When those external things change, joy can remain if it's rooted in Him.

**Think About This:** You may not have everything you want right now—but you still have breath, purpose, and God's presence. That's enough to rejoice!

## 3. Joy Strengthens You for the Journey

Nehemiah reminds us that **joy is strength**. When you lose joy, you lose motivation, peace, and endurance. Joy gives you the strength to keep going. When you choose joy, even small things—like a walk outside, laughter with your child, or quiet time with God—become moments that refill your strength.

## 4. Joy is Found in the Everyday Moments

Sometimes we overlook joy because we're looking for big breakthroughs instead of appreciating small blessings. Joy lives in a deep breath in the morning, a quiet moment of peace, a smile, laughter, or simply rest. Know this...**God designed life to be lived—not just endured.**

**If you are alone or with others:** Choose **2-3 questions** to reflect on or discuss (no pressure to answer all).

- What has been stealing your joy lately?
- Do you tend to tie your joy to circumstances or to God?
- What are 3 small things in your life right now that you can find joy in?
- How can you intentionally choose joy this week?

## Takeaway & To Do

Joy is not something you have to chase—it's something you already have access to through God. No matter what life looks like right now, you can still laugh, still breathe, still hope, and still rejoice. **You deserve to experience joy—not just someday, but today.**

### To Do This Week:

- Start each day by saying: *"This is the day the Lord has made—I will rejoice."*
- Write down 3 things you're grateful for daily
- Take 10–15 minutes to do something that brings you peace or joy (walk, music, prayer, quiet time)
- Guard your mind—limit anything that drains your joy (negative conversations, overthinking, etc.)

**Closing Prayer: Father, in the name of Jesus,** we thank You for the gift of joy. Even in the middle of life's challenges, help us to remember that our joy comes from You. Teach us to choose joy daily, to see Your goodness in the small things, and to rest in Your presence. Strengthen us where we feel weak and restore any joy that has been lost. Let our lives reflect Your peace, Your love, and Your joy in every season. **In Jesus' name, Amen.**

**Consider Sowing Seed:** May your seed be planted in good soil and bring forth a bountiful harvest in due season.