

## SERMON-BASED STUDY: JOY COMES IN THE MORNING

### *Psalm 30, ESV –*

- <sup>1</sup> *I will extol you, O LORD, for you have drawn me up  
and have not let my foes rejoice over me.*
- <sup>2</sup> *O LORD my God, I cried to you for help,  
and you have healed me.*
- <sup>3</sup> *O LORD, you have brought up my soul from Sheol;  
you restored me to life from among those who go down to the pit.*
- <sup>4</sup> *Sing praises to the LORD, O you his saints,  
and give thanks to his holy name.*
- <sup>5</sup> *For his anger is but for a moment,  
and his favor is for a lifetime.  
Weeping may tarry for the night,  
but joy comes with the morning.*
- <sup>6</sup> *As for me, I said in my prosperity,  
“I shall never be moved.”*
- <sup>7</sup> *By your favor, O LORD,  
you made my mountain stand strong;  
you hid your face;  
I was dismayed.*
- <sup>8</sup> *To you, O LORD, I cry,  
and to the Lord I plead for mercy:*
- <sup>9</sup> *“What profit is there in my death,  
if I go down to the pit?  
Will the dust praise you?  
Will it tell of your faithfulness?”*
- <sup>10</sup> *Hear, O LORD, and be merciful to me!  
O LORD, be my helper!”*
- <sup>11</sup> *You have turned for me my mourning into dancing;  
you have loosed my sackcloth  
and clothed me with gladness,  
that my glory may sing your praise and not be silent.  
O LORD my God, I will give thanks to you forever!*

### **Notes:**

1.

2.

3.

4.

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

## ENGAGE WITH THE MESSAGE

- 1 This week we learned that God brings healing, both physically and spiritually, and our response should be joy and worship. Describe a time when you have been joyous and worshipped God for what He has done.
- 2 How have your times of joy become part of your testimony to others? If not, how could it be part of your testimony?
- 3 How has other people's joy affected you? Have you worshipped God because of what He has done in someone else's life? Explain.

## DIGGING DEEPER

- A** *John 16:20-22, ESV – <sup>20</sup> Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy. <sup>21</sup> When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world. <sup>22</sup> So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.*
- 4 Looking at the passage above, we see that joy is typically preceded by sorrow. Why is this the case?
  - 5 How is our joy both a present and future state of being?

6 Share a time when your eternal perspective has helped you through a tough situation or circumstances? Were you able to share your joy with others? Explain.

**B** *I Chronicles 16:4-7, ESV – <sup>4</sup> Then he appointed some of the Levites as ministers before the ark of the LORD, to invoke, to thank, and to praise the LORD, the God of Israel. <sup>5</sup> Asaph was the chief, and second to him were Zechariah, Jeiel, Shemiramoth, Jehiel, Mattithiah, Eliab, Benaiah, Obed-edom, and Jeiel, who were to play harps and lyres; Asaph was to sound the cymbals, <sup>6</sup> and Benaiah and Jahaziel the priests were to blow trumpets regularly before the ark of the covenant of God. <sup>7</sup> Then on that day David first appointed that thanksgiving be sung to the LORD by Asaph and his brothers.*

7 In the passage above, we see David appointing Levites to invoke thanks and praise to God. Why was this so important to David?

8 Like David, we should invoke thanksgiving and praise in others. How can we do this in our own context?

9 What methods of worship did they use? Is this similar to the way we worship God today? What are some other ways we worship God in our moments of joy?

## TAKING IT HOME

When understood correctly, God's work in our lives will naturally bring about joy and worship from us toward Him. Similarly, our joy should overflow in such a way that others rejoice with us and worship God as well. How are you doing in recognizing God's work in your life? Do you have joy? Are you worshipping Him as a result? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to be joyous in all circumstances and worship Him for His great deeds.

## PRAISES AND PRAYER REQUEST

→

→

→

→

→

## FOR FURTHER STUDY

Psalm 16:9, 26:6-7, 57:8, 108:1

John 12:27-28

2 Corinthians 4:17