



CUP OF JOY WOMENTM

Embrace the JOY

1. JOY TO YOU. Let's begin with a simple question to help you focus on joy: What activities bring you joy?

It is helpful to understand where you have been in finding joy and where you are going. Do you have hope for embracing more joy? You will soon! It is a good to wrap your head around joy as we begin this search because there are many ways to describe joy.

2. DESCRIPTORS. List all the words you could use to describe joy or how you experience it (e.g., delight, giggles, happiness etc.).

3. SHARING JOY. (a) Please share your descriptors with your small group. (b) Then list any JOY descriptor words you have in common with others.

JOY for YOU

You might have mentioned descriptors like gladness, delight, merriment, happiness, hilarity, well-being, contentment, blessedness, confident abiding, convinced of God's love, exuberant, rejoicing, and triumphant, to name a few.

But you likely noticed from sharing descriptor words that we all experience joy in various ways and circumstances. How you experience JOY is unique to you because JOY can be experienced in many ways. Fortunately, no right or wrong answers describe how to experience JOY. You are the way God made you, which is PERFECT, and your JOYs are PERFECT for you.

Regarding joy, we all have one thing in common: We want and need more JOY in our lives, especially from a heavenly and Biblical perspective! To experience more HEAVENLY JOY, we need to understand all it can mean. As Christians, we might ask:

- How much JOY does God our Father want for each of us?
- What does Jesus our Savior say about JOY?
- Does the Holy Spirit want to give us more JOY?

You may be surprised that the Holy Trinity has JOY to give you, as you will see in the next questions and Scriptures.



©2022, excerpts from:
WRAP Yourself in JOY:
by Karen and Larry
Dwyer

The Trinity Loves YOU

4. JOY IN JESUS. Read John 15: 9-11 and then answer the questions about Jesus and JOY.

- (a) What does Jesus say about JOY?
- (b) How much LOVE does Jesus have for YOU (v. 9)?
- (c) How much JOY does Jesus want for YOU (v. 11)?

John 15: 9-11 includes amazing words that clearly point out Jesus loves each of us the way the Father loves Him—perfectly and completely and wants us to have HIS JOY—complete joy!

5. JOY IN THE FATHER. Read Jeremiah 31:3 and Psalm 16: 9-11 and answer these questions. (a) How much does God, the Father, love you? (b) What types of JOY does He offer and where (v. 11)?

6. JOY IN THE HOLY SPIRIT. According to Galatians 5: 22-23, (a) what is JOY called, and (b) what does that indicate about his role in JOY in YOU?

7. APPLICATION. Read and pray daily these *JOY and Love From the Trinity -Declarations with Thanksgivings*.

- **Jesus, my Savior,** You love me like the Heavenly Father loves You and You want to give me your JOY---complete JOY. Thank YOU, Jesus, I embrace it. (John 15: 9-11)
- **Heavenly Father,** You LOVE me and offer me gladness and fullness of JOY in Your presence. Thank YOU Father, I receive it. (Psalm 16: 9-11)
- **Holy Spirit,** You love me and produce the fruit of JOY in & through me. Thank YOU Holy Spirit, fill me afresh today. (Galatians 5: 22-25)