

**NIV MEMORY VERSE: Psalm 126:3**

The Lord has done great things for us,  
and we are filled with joy.

**PSALMS/PROVERBS 30-1**

**"SECRETS OF JOY"**

**Psalms 21, 30, 92, 126; Proverbs 15**

1. What was important to you from last week's lesson?

**DAY 1 – READ Proverbs 15:1-33**

2. What "keys to joy" do you think are found in
  - a. verses 1-8 concerning words?
  - b. verses 9-15 concerning our attitudes (heart)?
  - c. verses 16-17 concerning our possessions?
  - d. verses 18-23 concerning our relationships?
  - e. verses 24-33 concerning our discipleship?
3. a. What do these verses say regarding the benefits of a happy heart?  
Proverbs 15:13  
Proverbs 15:15  
Proverbs 17:22
- b. Share with your group five things that make your heart happy today.
4. a. Write Proverbs 15:23.
- b. Share a personal circumstance where the truth of this proverb applies.
5. How is God the source of joy in each of these Scriptures?
  - a. Galatians 5:22,23
  - b. John 15:10,11
  - c. Ecclesiastes 5:19,20

**DAY 2 – READ Psalm 21:1-13**

6. Write verse 1 and personalize it by replacing “the king” with your name.
7. a. What had God already done that gave David joy in verses 1-6?
- b. How do you think verse 6 reflects an essential “secret of joy”?
8. Why would David not be shaken in verse 7?
9. a. What did David expect God to do in the future?
- b. As Christians, what can we expect in the future from God according to Revelation 19:6-9?
10. We exalt the Lord in song and praise and worship.
- a. What makes you happy about being in the Lord’s house?
- b. Share how singing and praising God brings real joy to your heart. (Maybe a special song that is meaningful to you or the details of a special service you’ve attended.)

**DAY 3 – READ Psalm 126:1-6**

11. a. What did the nations say about the joy they saw in the people of Zion?
- b. “The Lord has done great things for me . . .” True \_\_\_\_ False \_\_\_\_  
and I am filled with joy.” True \_\_\_\_ False \_\_\_\_

If you answered “true,” share your testimony with someone today!  
What should those who answer “false” remember from Psalm 145:18,19?

12. a. Regardless of how difficult life is for a Christian (tears), he has what seed to sow according to Luke 8:11-15?
- b. What do these Scriptures say about sowing?  
Psalm 126:6  
  
Hosea 10:12
13. Share an instance when you experienced or witnessed a time of tears become a time of rejoicing.

**DAY 4 – READ Psalm 92:1-15**

14. What did the psalmist say about how and when to praise and sing to the Lord?
15. a. What should make us sing for joy?  
b. What are some of God's creative works that make you especially joyful?
16. a. Compare verses 7-11 with John 16:33. What is the end result in both passages?  
b. What is the joyful promise found in Revelation 3:21?
17. The Lord is our Rock (vs.15). Read Hannah's prayer from 1 Samuel 2:1,2 and echo her sentiments in your own words.

**DAY 5 – READ Psalm 30:1-12**

18. David rejoiced over God's deliverance (vs.1-3). What does Isaiah 25:9 say?
19. Reconciliation is the key to finding joy in the Lord.
  - a. Write Psalm 30:5.
  - b. What was David's plea in Psalm 30:10?  
. . . in Psalm 51:10-12?
20. a. How did the Lord respond to David in Psalm 30:11,12?  
b. What is our assurance in 1 Peter 1:8?
21. Nehemiah 8:10 says ". . . the joy of the Lord is our strength." What expression of joy is found in Habakkuk 3:18,19?
22. May you rejoice in the Lord always! This is our prayer for you this summer. Review your goals from Lesson 1 and share your victories!

**"SECRETS OF JOY"**  
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**LECTURE NOTES:**

**PRAYER REQUESTS:**