

"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 . . .”
 and I am filled with joy.”
 True False
 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!

PSALMS/PROVERBS 30-4

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LECTURE NOTES:

PRAYER REQUESTS: