

Bible Study -- Spiritual-Well Being  
**Joy That Surpasses All Understanding**  
February 15, 2024 – Pastor Charles A. Hall

**Biblical Definitions:**

- **Joy means:** A feeling of great pleasure, happiness, gladness, and cheerfulness.
- **Happiness means:** The state of being happy; a state of pleasure or joy.
- **Surpasses means:** Better than; to go beyond in anything either good or bad.
- **Understanding means:** Skill and intelligence to understand.

As Christians we seek to reach a level of spiritual maturity that defies earthly events and circumstances, but what does this really mean? It means reaching a place in our daily life where our individual joy and happiness is not dependent nor linked to what occurs in this world. Joy is a constant theme throughout the bible, in creation God's plan for humanity was to experience joy and peace. When God freed the Israelites from the bondage of Egypt, the Israelites were joyous and sang songs of praise unto God. Jesus Christ during His earthly ministry brought much joy to those who followed him, and He encourage them to do the same. There are two types of joy, one is the joy that we experience as a result of things that happen in this world that affect us either physically, emotionally, or both. The second, is an internal joy and happiness that is generated from within, and is not dependent nor controlled by outside events or circumstances. Certainly, outside events and circumstances may cause temporary suppression of the manifestation of internal joy, however it is impossible to suppress internal joy for a lengthy period. The primary reason that internal joy cannot be overcome by worldly situations is that internal joy is not a byproduct of earthly events. These worldly events that occur during our life's journey can interrupt our joy for a season, but it cannot restrain our internal joy beyond this brief season.

- **Job 14:1-2** Man that is born of a woman is of few days and full of trouble. (2) He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not.
- **John 16:33** These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.
- **Philippians 4:4-7** Rejoice in the Lord always: and again I say, Rejoice. (5) Let your moderation be known unto all men. The Lord *is* at hand. (6) Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. (7) And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

In many of the Apostle Paul's epistles he continually encouraged believers to be joyous in the mist of our earthly trials. Joy is a promise, and a gift from God, which is manifested unto the believer through the indwelling of the Holy Spirit.

- **Romans 15:13** Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope through the power of the holy Ghost.

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In this life we will have trouble, and we will have trials, some from the world, and some from God, in all these the believer is instructed to be joyous. His joy does not come from the trials itself, but rather from the knowledge of knowing by faith that God is using the trials or testing as a means of perfecting the believer for greater works and purpose. As believers we should not allow these trials to cause us to be bitter toward God, but rather to have faith that the result or conclusion of the trials will be for our good.

- **James 1:2-4** My brethren, count it all joy when ye fall into divers temptations. (3) Knowing this, that the trying of your faith worketh patience. (4) But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.
- **Romans 8:28** And we know that all things work together for good to them that love God, to them who are called according to his purpose.