



Choosing Joy: A Lasting Delight in God



Discover how a deep relationship with God brings lasting joy beyond fleeting happiness, even during tough times.

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Introduction

Welcome to this 3-day Bible study on choosing joy as a teen. Joy is often mistaken for simply feeling happy or having fun. However, true joy is much deeper and more enduring than temporary emotions. This study will help you explore how a strong relationship with God anchors your joy so it can withstand any circumstance.

*In life, especially as a teen, feelings can shift rapidly. Challenges at school, with friends, family struggles, or personal doubts can easily drain happiness. But God offers something more powerful: a joy that **lasts** through every season of life. It is not dependent on things going perfectly, but grounded in His love, promises, and presence.*

Over the next three days, you'll dive into Scripture passages that show how joy is a fruit of the Spirit, how Jesus models joy amid suffering, and how daily walking with God transforms our hearts. You will reflect on your own experiences and learn practical ways to choose joy intentionally, even when outside circumstances are difficult.

Embrace this journey with an open heart. Joy is not just a nice feeling — it is a deep treasure that God wants to pour into your life, giving you hope, strength, and peace no matter what you face. Let's begin this exciting discovery together!





Day 1: 😊 Joy Is a Fruit of the Spirit



Day 1: 😊 Joy Is a Fruit of the Spirit

Your Verse

Galatians 5:22 NIV "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,"

Supporting Scriptures

- *Nehemiah 8:10 NIV "...the joy of the Lord is your strength."*
- *Psalms 16:11 NIV "You make known to me the path of life; you will fill me with joy in your presence..."*



Day 1: 😊 Joy Is a Fruit of the Spirit

Devotional: Joy Grows When We Follow the Spirit

What does it mean that joy is a fruit of the Spirit? In Galatians 5:22, Paul teaches that when we live in step with the Holy Spirit, our lives begin to show qualities like love and joy naturally. This joy is not based on external things but is a deep inner gladness created by God's Spirit dwelling inside us.

Often, teens feel like joy is just a response to fun or success. But God wants to give us a joy that remains even when challenges come. Nehemiah 8:10 reminds us that "the joy of the Lord is your strength." Imagine drawing your strength from a joy God freely gives — a power that helps you keep going.

Today, consider how your relationship with God impacts your happiness. Are you trying to find joy only in things around you, or are you inviting the Holy Spirit to fill you with a deeper joy? Spending time in God's presence, as Psalm 16:11 says, fills us with a lasting joy because we walk the path He has set for us.

Choosing joy is a daily opportunity to rely not on fleeting feelings or circumstances but on God's Spirit within.



Day 1: 😊 Joy Is a Fruit of the Spirit

Reflect and Apply

1. How do you usually define joy in your life right now?

2. Can you identify moments when joy came from God's presence rather than your situation?

3. What might it look like to invite the Holy Spirit to fill your heart with joy daily?



Day 1: 😊 Joy Is a Fruit of the Spirit

Journaling Prompts

1. Write about a time you felt true joy amid difficult circumstances.

2. Describe how you can choose to focus on God when you feel down.

3. List ways you can practice walking in the Spirit this week.



Day 1: 😊 Joy Is a Fruit of the Spirit

Prayer for Today

Dear God, thank You for the gift of Your Spirit that brings true joy into my life. Help me to seek joy from You rather than temporary things. Fill my heart with Your peace and strength, especially when I face hard times. Teach me to recognize and embrace the fruit of the Spirit in my life each day. *Guide me to walk closely with You, so joy can be my steady companion.* In Jesus' name, Amen. 😊 🙏 ❤️ ✨





Day 2: ✨ Jesus' Joy in the Midst of Trials



Your Verse

Hebrews 12:2 NIV "...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross..."

Supporting Scriptures

- *John 15:11 NIV "I have told you this so that my joy may be in you and that your joy may be complete."*
- *James 1:2-3 NIV "Consider it pure joy... whenever you face trials of many kinds..."*



Devotional: Finding Joy Like Jesus Through Trials

How did Jesus experience joy? Hebrews 12:2 reveals an amazing truth: Jesus endured unimaginable suffering because He was looking forward to the joy God had prepared. His joy was not based on earthly pleasures but on the eternal hope and purpose of His mission.

This teaches us that joy and trials coexist. James encourages us to "consider it pure joy whenever you face trials," knowing that these challenges develop perseverance and maturity in our faith.

Jesus wants His joy to be in us, and for our joy to be complete. That means choosing to trust and stay close to Him even when life is hard. His joy is a gift that can sustain us through pain, disappointment, or fear.

Think about what it means to keep your eyes on Jesus, remembering His joy as motivation and strength to face your own struggles as a teen.



Reflect and Apply

1. What trials or difficulties are you facing right now?

2. How can focusing on Jesus' joy give you hope in these moments?

3. What does it look like to invite Jesus' joy to be inside you today?



Day 2: ✨ Jesus' Joy in the Midst of Trials

Journaling Prompts

1. Write about a time you felt joy despite a challenge.

2. Describe what Jesus' joy means to you personally.

3. Make a list of ways you can fix your eyes on Jesus this week.



Day 2: ✨ Jesus' Joy in the Midst of Trials

Prayer for Today

Lord Jesus, thank You for enduring so much pain because of the joy You knew was coming. Help me to fix my eyes on You when I feel overwhelmed or sad. Fill me with Your complete joy that doesn't depend on what's around me. Teach me to find strength through You in every trial I face. May Your joy be my anchor and my hope every day. In Your precious name, Amen. ✚ 🌈 💪





Day 3: 🌈 Choosing Joy Daily With God



Your Verse

Philippians 4:4 NIV "Rejoice in the Lord always. I will say it again: Rejoice!"

Supporting Scriptures

- *Psalm 118:24 NIV "This is the day the Lord has made; let us rejoice and be glad in it."*
- *1 Thessalonians 5:16-18 NIV "Rejoice always, pray continually, give thanks in all circumstances..."*



Day 3:  Choosing Joy Daily With God

Devotional: Make Joy Your Daily Decision with God

Joy is a choice we make each day. Paul's encouragement to "Rejoice in the Lord always" reminds us that joy is not dependent on circumstances but on a conscious decision to celebrate God's goodness every day.

Psalm 118:24 invites us to see each day as a gift from God worthy of gladness. When we focus on gratitude, prayer, and praise—even in hard times—we nurture a joyful heart.

This means choosing joy is an ongoing practice. As a teen, daily challenges can tempt you toward discouragement or sadness, but God calls you to a discipline of rejoicing, praying constantly, and being thankful no matter what.

Let today be the day you start to intentionally seek joy through a thankful heart and a close connection with God.



Reflect and Apply

1. What habits do you have that help or hinder your joy?

2. How can gratitude change your daily outlook?

3. What small steps can you take to rejoice in the Lord more intentionally?



Journaling Prompts

1. List five things you are thankful for today.

2. Write about how you can turn to prayer when feeling down.

3. Plan a daily routine that includes moments to rejoice and thank God.



Day 3: 🌈 Choosing Joy Daily With God

Prayer for Today

Father God, thank You for giving me a reason to rejoice every day. Help me to choose joy, even when life feels hard or uncertain. Teach me to pray continually and give thanks in all situations, trusting that You are always with me. May my heart be filled with gladness and hope as I rely on You daily. In Jesus' name I pray, Amen. 🙏☀️🎉❤️





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