



Walking in Joy
Sunday June 15, 2025 - Sermon Outline

There is a lot that the Bible speaks about joy, about being glad, being cheerful, happy, laughing, rejoicing in God.

Today, we look at a few aspects of walking in joy - to encourage us to choose joy, even if we are going through some tough situations now.

THE WONDERFUL BENEFITS OF BEING JOY-FILLED (FULL OF JOY)

A, A Cheerful countenance

Proverbs 15:13

A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.

TPT: The Passion Translation of this verse:

TPT: A cheerful heart puts a smile on your face, but a broken heart leads to depression.

Cheerfulness, joy can be seen. A people enjoy the company of those who are joyful and bring good cheer.

B, A never-ending celebration

Proverbs 15:15

All the days of the afflicted are evil, But he who is of a merry heart has a continual feast.

When you are joyful you enjoy life, you enjoy each day. That does not mean there are no challenges and difficulties, but you enjoy the journey.

TPT: Everything seems to go wrong when you feel weak and depressed. But when you choose to be cheerful, every day will bring you more and more joy and fullness.

C, Health

Proverbs 17:22

A merry heart does good, like medicine, But a broken spirit dries the bones.



TPT: A joyful, cheerful heart brings healing to both body and soul....

D, Strength

Nehemiah 8:10

Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for **the joy of the LORD is your strength."**

Joy brings strength. It infuses our lives with strength and passion to stay the course even in the middle of adversity.

HE IS OUR SOURCE OF JOY

Consider this statement and the prayer that the Lord Jesus made:

John 15:11

These things I have spoken to you, **that My joy may remain in you, and **that your joy may be full.****

John 17:13

But now I come to You, and these things I speak in the world, **that they may have My joy fulfilled in themselves.**

He wants us to be full of joy - His joy. The joy that comes from Him, because of Him and is in Him.

THE ANOINTING OF JOY - OIL OF GLADNESS

The Holy Spirit in us and upon us anoints us with joy.

Isaiah 61:3,7

3 To console those who mourn in Zion, To give them beauty for ashes, The **oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."**

7 Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; **Everlasting joy shall be theirs.**



Isaiah 61:1 onwards is speaking about the anointing. The anointing is the oil of joy and He gives us the garment of praise for the spirit of heaviness.

Galatians 5:22

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

As we yield to the Holy Spirit, one of the virtues He works in us is joy – the joy that comes from God in all situations.

Romans 14:17

for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

God's Kingdom, His rule and dominion is characterized by righteousness, peace and joy. The Holy Spirit fills us with supernatural joy.

As we learnt earlier in the year, the anointing can flow through us. There can be a flow of joy from the Holy Spirit through us affecting others. Joy can be "contagious".

WHAT BRINGS US JOY

As believers there are many things that we can be joyful about and that can cause us to rejoice.

Consider the many things that we can be joyful about:

Being joyful in God.

Being joyful in His presence.

Being joyful in worship.

Going to worship with God's people.

Hearing God's Word.

Giving to the Lord.

Serving God.

In experiencing victory over situations.

Seeing God do wonderful things (the works of God).

Seeing people saved.

Seeing believers walk in truth.

Having our prayers answered.

Suffering for His name's sake.

Experiencing God's faithfulness, goodness and blessings.



We can be joyful every day! Remember what the Psalmist declared:

Psalm 118:24

This is the day the LORD has made; We will rejoice and be glad in it.

WHEN THINGS ARE DIFFICULT - COUNT IT ALL JOY

When things are difficult, we are instructed to still consider it all joy!

James 1:2-4

2 My brethren, count it all joy when you fall into various trials,

3 knowing that the testing of your faith produces patience.

4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

To count it all joy means to see it as an opportunity to walk in joy.

It is easy to be joyful when things are all going smooth and well. But when things are tough, difficult, challenging – look at it as an opportunity to really walk in the joy of the Lord, the joy that comes from Him, because of Him and is in Him.

Philippians 4:4

Rejoice in the Lord always. Again I will say, rejoice!

Paul's epistle to the Philippians is often called his epistle of joy. He is writing from a prison, under house arrest, and he encourages the believers at Philippi to be joyful – to rejoice always. He uses the words joy or rejoice in every chapter and about 15 times in this single epistle. Paul even states joy while awaiting what could be his death sentence. He states: *"Yes, and if I am being poured out as a drink offering on the sacrifice and service of your faith, I am glad and rejoice with you all."* (Philippians 2:17)

1 Thessalonians 5:16-18

16 Rejoice always,

17 pray without ceasing,

18 in everything give thanks; for this is the will of God in Christ Jesus for you.

Notice how rejoicing, praying and being thankful are all connected in the believer's life.

WHEN THINGS ARE DIFFICULT - OFFER THE SACRIFICES OF JOY



Psalm 27:6

And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD.

We offer our praise and celebration of the Lord out of a heart filled with joy and all of these are our spiritual sacrifices that we offer up to the Lord.

SOW IN TEARS, REAP IN JOY

Psalm 126:5

Those who sow in tears Shall reap in joy.

We know that life is not always easy. There will be those seasons where things are challenging. And there are times when we must sow in tears. But we do this knowing that we will reap in joy.

GOD WILL TURN OUR MOURNING INTO DANCING - JOY COMES IN THE MORNING

Psalm 30:5

5 For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning.

11 You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness,

Your mourning is leaving, and your morning is coming!

Be expectant that God will turn things around and cause joy and gladness in your life.

DON'T LET ANYONE OR ANYTHING STEAL YOUR JOY

John 16:20-22

20 Most assuredly, I say to you that you will weep and lament, but the world will rejoice; and you will be sorrowful, but your sorrow will be turned into joy.

21 A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been born into the world.

22 Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you.



The Lord Jesus was speaking these words as he prepared His disciples for His crucifixion. He also spoke about the joy His resurrection would bring to them. And He said that this joy no one can take away.

We can be joyful because we have a risen, living Savior. Our joy is in Him and comes from Him. And this joy that He gives, we will not allow anything or anyone to take away from us.

Ask the Lord to fill you with His joy. Invite the Holy Spirit to anoint you with the oil of gladness, the oil of joy. Let the joy of the Lord cause you to have a cheerful countenance, to enjoy every day, to be strengthened, to be healed and to walk in healing and wholeness.



SUMMARY

GOSPEL AND SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



Walking in Joy
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This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

Preparation

Life Group Leader: To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. Please do not make your life group read through the complete sermon notes during the life group. All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *Nehemiah 8:10; Proverbs 17:22; Isaiah 61:3,7; James 1:2-4*

INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

*1, Discuss the benefits of being joyful. How does joy enrich our lives and those around us:
A, A Cheerful countenance*



B, A never-ending celebration

C, Health

D, Strength

2, How does the Holy Spirit fill us with joy?

3, How can we consider it all joy even when we go through life's challenges according to James 1:2-4?

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.

Close by thanking God together.



USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

SERMON OUTLINE

In this sermon we consider some of the things the Bible teaches us about joy. Joy causes a cheerful countenance, enables us to enjoy life, causes us to be strong and even blesses our health. The Lord is the Source of our joy. The Holy Spirit fills us with joy. As believers there are many things that we always celebrate and are joyful about. The Bible teaches us to consider it all joy even when we go through life's challenges. The apostle Paul demonstrated this for us when he wrote his epistle to the Philippians. As believers, we can be joyful because we have a risen, living Savior. Our joy is in Him and comes from Him. And this joy that He gives, we will not allow anything or anyone to take away from us. Ask the Lord to fill you with His joy. Invite the Holy Spirit to anoint you with the oil of gladness, the oil of joy. Let the joy of the Lord cause you to have a cheerful countenance, to enjoy every day, to be strengthened, to be healed and to walk in healing and wholeness. This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for



use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.

KEYWORDS

Joy, gladness, rejoice walking in joy, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

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