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Joy
• What is joy? • A gift of God's presence flowing from a relationship with God, not from life going smoothly. • Grows in us as we submit to the Holy Spirit & we don't manufacture it. • Rests on who God is: faithful, sovereign, loving, near. • Remembers that we belong to Jesus & nothing can separate us from His love.

3

Joy
• What is joy? • Not the same as happiness which rises & falls with circumstances; joy remains because God remains. • Not denial of pain but coexisting with grief, exhaustion & tears. • Not forced positivity in pretending life is easy.

4

Philippians 4 (ESV)

***4 Rejoice in the Lord always. I will say it again: Rejoice!
5 Let your gentleness be evident to all. The Lord is near.
6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.***

5

Theme

Joy becomes a habit when gratitude becomes a rhythm.

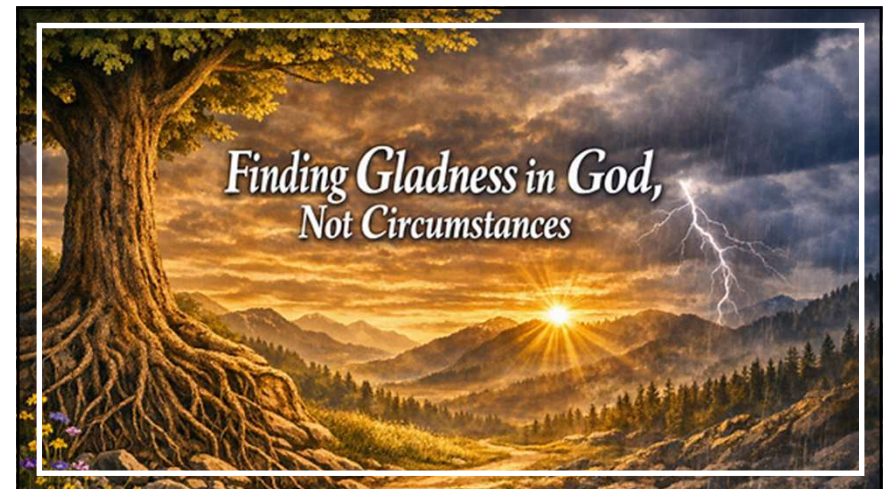
- Joy is not something that appears only on the easy days - it is something God grows in us as we practice noticing His goodness.
- Gratitude becomes the steady beat that trains our hearts to look for God's presence in the middle of long nights, difficult behaviors & emotional exhaustion.

6

Theme

- As we learn to name blessings, even small ones, joy slowly becomes a familiar companion rather than a rare visitor.
- Over time, gratitude forms a rhythm that keeps the heart anchored & joy becomes a habit that sustains the soul.

7



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Finding Gladness in God, Not Circumstances

- Writing from prison, Paul reminds us that joy is not based on how life feels but on who God is (Philippians 4:4).
- We can rejoice because God remains steady even when days are unpredictable.
- Our deepest joy comes from knowing we belong to God, even when caregiving feels heavy or lonely.

12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me (Psalm 51:12 ESV)

9

Finding Gladness in God, Not Circumstances

- Remembering God's past faithfulness strengthens joy in the present.

3 The Lord has done great things for us, and we are filled with joy. (Psalm 126:3 ESV)

- Joy is strengthened through worship - In God's presence there is fullness of joy.

11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand (Psalm 16:11 ESV)

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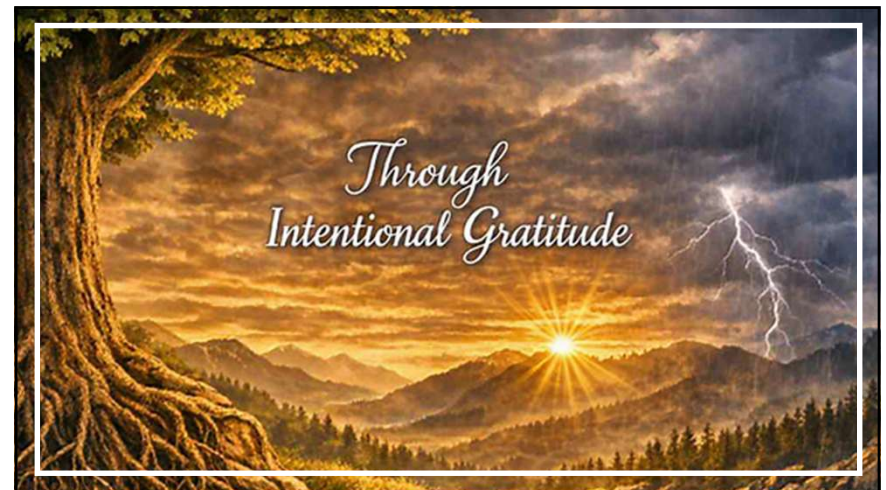
Finding Gladness in God, Not Circumstances

- Worship - singing, praying, reading Scripture - opens the heart to God's gladness.
- Joy coexists with sorrow - We often live in this tension.
- Joy does not erase grief; it shines through it.

10 sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything. (2 Corinthians 6:10 ESV)

- Joy is not a feeling we chase - it is a gift God grows in us as we stay close to Him.

11



12

Through Intentional Gratitude

- Giving thanks “in all circumstances” doesn’t mean pretending everything is easy.
- It means noticing God’s fingerprints in the middle of hard days.

16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus. (1 Thessalonians 5:16–18 ESV)

13

Through Intentional Gratitude

- Celebrating small victories builds hope.
- A calm moment, a smile, a peaceful night - these small mercies become fuel for joy.
- Gratitude interrupts discouragement.
- When negative thoughts spiral, pausing to name one blessing can reset the heart.

5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. (Psalm 42:5 ESV)

14

Through Intentional Gratitude

- Joy grows when shared with others.
- Telling someone what God has done multiplies joy.

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17 ESV)

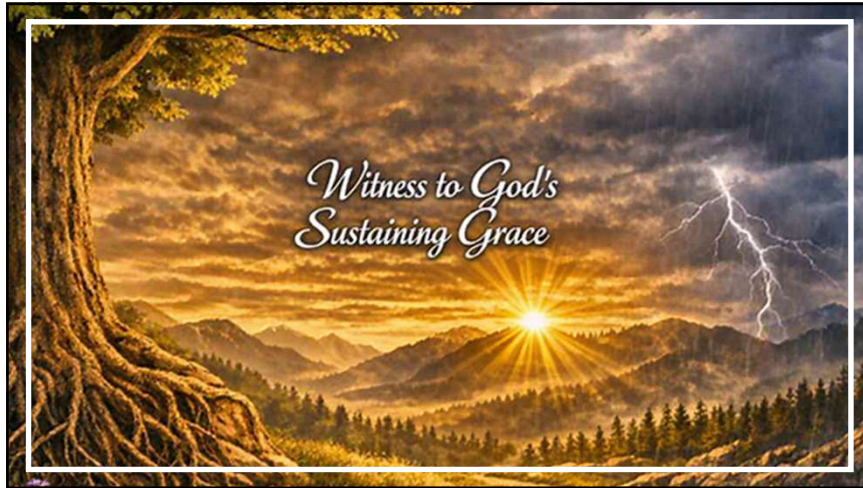
- Shared gratitude becomes shared strength.

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Through Intentional Gratitude

- Shared gratitude becomes shared strength.
- Joy is strengthened through Scripture meditation.
- Even one verse repeated slowly can lift the spirit & anchor the mind.
- Gratitude is not accidental - it is a rhythm we choose & joy grows from that rhythm.

16



17

Witness to God's Sustaining Grace

- Joy testifies that God is present.
- When we show quiet joy, others see God's nearness in their lives.

5 Those who look to him are radiant; their faces are never covered with shame. (Psalm 34:5 ESV)

18

Witness to God's Sustaining Grace

- Joy encourages others in their caregiving.
- A joyful caregiver becomes a living reminder that God strengthens His people.

24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. (Hebrews 10:24–25 ESV)

19

Witness to God's Sustaining Grace

- Joy softens the emotional weight of long days.
- It doesn't remove the load, but it cushions the heart.

10 Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength." (Nehemiah 8:10 ESV)

20

Witness to God's Sustaining Grace

- Joy strengthens resilience.
- It gives us the ability to keep going with grace, not just grit.

13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13 ESV)

21

Witness to God's Sustaining Grace

- Joy reflects Jesus to our loved one.
- Even when words fail, a joyful spirit communicates love, peace & hope.

16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:16 ESV)

- Joy is not only for us - it becomes a ministry to everyone around us.

22

Discussion Questions

- What steals your joy most quickly in caregiving?
- What small blessings did you notice this week?
- How can you build gratitude into your daily routine?
- How does joy differ from happiness in caregiving?
- Where have you seen God's goodness recently?

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