

Finding Joy in Our Discouragements

Luke 1

Rediscover Christmas

Nate Marsh—December 14, 2025

Luke 1:5–7

Luke 1:8–14

Luke 1:25

Luke 1:41–44

Luke 1:46–47

1. Joy Often Emerges from a Place of _____.

Joy isn't the absence of sorrow—it's the presence of hope.

Psalm 126:5

2. Joy Is Not a Personality—It's a _____.

Nehemiah 8:10b

1 Peter 1:8 (NLT)

3. Joy Is a Choice—And It Has a _____.

Matthew 1:21

The joy of the Lord is my strength.

Your Next Step: Practice a Daily Joy Reset

This week, take five minutes at the end of each day to name one place where you saw God's goodness—no matter how small.

Write it down. Say it out loud. Give God thanks.

Questions for Further Study

1. Where have you been trying to *manufacture* joy instead of receiving it from the presence of God?

Read **Psalm 16:11**. What does this verse reveal about the source of true joy?

2. Think about a time when joy felt distant. What were the circumstances—and what story were you telling yourself in that season?

How does Nehemiah 8:10 challenge or reshape that narrative?

3. Joy often gets buried under hurry, stress, or disappointment. What tends to steal your joy the quickest?

Look at John 15:9–11. What does Jesus say is required to remain in His joy?

4. The shepherds received joy because they responded in obedience and went to see Jesus for themselves.

Read **Luke 2:15–20**. What step of obedience might God be inviting you to take so He can restore joy in your life?

5. Joy is not the absence of struggle but the presence of Christ.

How does James 1:2–4 help you understand the difference between joy *in* trials versus joy *because of* trials?