



Ladies' Bible Class  
2018 Spring Session  
Lesson One -- Joy

1. Name something you have experienced already today that brought you a feeling of joy.

\_\_\_\_\_

2. When was the last time you giggled with glee? \_\_\_\_\_

3. If you remember the reason for giggling, write it here: \_\_\_\_\_

\_\_\_\_\_

4. What are the descriptors for joyless living listed in Proverbs 23:29? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Why are the people crying for wine in Isaiah 24:11? \_\_\_\_\_

\_\_\_\_\_

6. What does the psalmist ask God to do in Psalm 51:8? \_\_\_\_\_

\_\_\_\_\_

7. Explain, "the heart knows its own bitterness." \_\_\_\_\_

\_\_\_\_\_

8. Where is fullness of joy found? (Psalm 16:11) \_\_\_\_\_

9. Recall a night of stress or sadness when you longed for morning to come and bring a brighter perspective to you. \_\_\_\_\_

\_\_\_\_\_

Digging Deeper: Read and reflect on these scriptures this week. Let them remind you to open your eyes to see truths that have always been there.

Numbers 22:31

Psalm 146:8

Acts 26:18

Psalm 119:18

Luke 24:31