

JESUS' GUIDE TO FINDING JOY FROM THE UPPER ROOM DISCOURSE

Introduction

According to some sources, a large percentage of Americans suffer from the issue of loneliness just like the Disciples did on the night before Jesus died because they were worried about the thought of losing Him. It really bothered them. Therefore, Jesus told them not to worry because “your grief will be turned to joy” which is what we are going to talk about this morning by looking at “4 Ways to Find Joy from the Upper Room Discourse.”

1). You Find Joy by Being Patient (verses 16-20).

Verses 16-20 says, “*‘A little while, and you will no longer see Me; and again a little while, and you will see Me.’ Some of His disciples then said to one another, ‘What is this thing He is telling us’ ... Jesus knew that they wished to question Him, and He said to them ... ‘Truly, truly, I say to you, that you will weep and lament, but the world will rejoice; you will grieve, but your grief will be turned into joy.’*”

Discussion Question A: Explain this passage in your own words.

Discussion Question B: Why does Jesus bring up the issue of the world rejoicing and how does it relate to the cross? How do His words about the disciples’ finding joy relate to the resurrection?

2). You Find Joy by Persevering (verses 21-22).

Verse 21-22 says, “*‘Whenever a woman is in labor she has pain, because her hour has come; but when she gives birth to the child, she no longer remembers the anguish because of the joy that a child has been born into the world. Therefore you too have grief now; but I will see you again, and your heart will rejoice.’*”

Discussion Question A: What is the significance of Jesus connecting the disciples’ situation to that of a woman in labor?

Discussion Question B: How does the cross demonstrate that Jesus can bring joy out of anything if we are willing to persevere and wait for it?

3). You Find Joy by Praying (verses 23-28).

Verses 23-24 says, *“In that day you will not question Me about anything. Truly, truly, I say to you, if you ask the Father for anything in My name, He will give it to you. Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full.”*

Discussion Question A: What does the expression “if you ask the Father for anything in My name, He will give it to you” mean? Will Jesus give us a car if we ask for it? What about a million dollars?

Discussion Question B: When you find yourself lacking joy, how does prayer help? How does it hurt our joy when we fail to pray like we should?

4). You Find Joy by Realizing that Jesus has Overcome the World (verses 29-33).

Verses 31-33 says, *“Jesus answered them, ‘Do you now believe? Behold, an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave Me alone; and yet I am not alone, because the Father is with Me. These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.’”*

Discussion Question A: Why did the disciples need to hear that Jesus “had overcome the world” at this point in the story?

Discussion Question B: Does this imply that Jesus would go to the cross as a defeated or triumphant man? What are the implications of that for our lives today?