

# 30 DAYS OF JOY

**BY** HAL SEED

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All Scriptures are from the New International Version (NIV),  
unless otherwise stated.

## Welcome to the *30 Days of Joy!*

Over the next five weeks, we'll spend six days each week learning to:

- Week 1 – Enjoy God
- Week 2 – Enjoy Yourself
- Week 3 – Enjoy Your Family
- Week 4 – Enjoy Your Job
- Week 5 – Finding Joy in All Circumstances

The Bible has so much to teach us about this! It mentions “joy” 242 times; “joyful,” and “joyfully” 36 times; “rejoicing” 154 times; and “enjoy” 57 times; for a total of 489 references to this subject we're about to soak in.

Your life is about to be elevated. You're about to discover and experience two deep realities that you may not have thought much about before. One of those realities is about God. The other is about you. Both are about joy.

My prayer for you is that, over these next 30 days, you will become a master of joy.

Are you ready?

# WEEK 1 – ENJOYING GOD

**Read:** Psalm 47

**Reflection:** Experiencing God's awesomeness brings profound joy to our lives. When we shift our focus from ourselves to the greatness of God, we learn to delight in His character, His mighty acts, and His generous blessings. This joy is not merely a fleeting emotion but a deep contentment rooted in the truth that God is sovereign, victorious, and the giver of every good thing. By exploring His nature, understanding His story of salvation, and recognizing His daily gifts, we can cultivate a lasting joy that endures through all circumstances, filling us with hope and transforming our lives.

## Takeaways:

- **Joy is visible:** It's an expression of God's presence and can uplift us in any circumstance.
- **Joy is emotional but deeper than happiness:** Unlike fleeting happiness, joy abides even in trials.
- **God as the source of joy:** Learning about God's characteristics, victories, and gifts increases our joy.
- **Rejoice in God's sovereignty and goodness:** He is King, He is victorious, and He blesses us with good things.

## Practical Steps to Increase Joy:

- Study the attributes of God.
- Learn God's story of victories.
- Pray to see God's goodness daily.
- Write a personal psalm of joy to God.

**Pray:** Father, as we embark on these 30 days of joy, teach us to experience and embrace Your awesomeness. Help us find joy in Your presence and recognize Your gifts in our lives.

Transform our hearts, making us joyful reflections of Your love. In Jesus' name, we pray. Amen.

# 1.

## I'VE GOT THE JOY, JOY, JOY, JOY DOWN IN MY HEART PSALM 16:11

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**R**eality one: God is joy.

God doesn't just give joy, or know joy, or have joy. God is joy. He is permeated with it. Joy is God's nature. He is completely joyful all the time, in all aspects, in all circumstances. The reason there is joy in this universe is because it is what God is.

Yes, it's a little more complicated than that. Follow this for a minute. God is also all-powerful, all-knowing, and everywhere-present. He is all-loving, always truthful, and completely just. Because God is absolute and pure, He cannot be partially "this or that." His every attribute is who He is, through and through, all the time.

Which means that this absolutely pure God, is purely and absolutely joy.

This concept may take some time to sink in, which is partly why we're going to spend the next 30 days reading about it, thinking about it, praying about it, and acting on it. So start: if God is pure joy, then pure joy is all around you, all the time; and available to you, all the time.



**Reality two:** You were made for joy.

You were made to be like God. (In His image, Genesis 1:26).  
God meant for you to have joy all the time.

Yes, it's more complicated than this too. But stay with me: the Bible says, The fruit of the Spirit is... joy... (Galatians 5:22-23). If you have the Holy Spirit within you, then His fruit is constantly growing within you.

Now, joy might not be your most dominant feeling in any given moment. But for a person walking with the Holy Spirit, joy is always there. If not playing in the foreground, then playing in the background, like music coming softly from the next room. If you'll listen for it, you can hear it playing, all the time, in every circumstance.

This may be how James generated the audacity to say, *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds..."* (James 1:3). Because even in your worst trial, down deep within your soul, joy is there. Once you know this, you can tap into it to lift you up a rung or two whenever you feel like your heart is in the basement.

## **How This Campaign Works**

You've probably heard that it takes 21 days to build a new habit. That's because we have to unlearn old habits in order to replace them with new ones. During these 30 Days, we're going to practice a new mental habit. The habit of finding joy in every moment.

Right now, it's likely that you have some misperceptions about joy. Maybe you've thought, "It's fleeting." Or, "It's dependent on how I'm feeling." Or, "It's more for other people than for me." In these next 30 days, we're going to become masters of joy. We're going to learn God's great truths about joy by reading one Biblical idea about it each day, hear a

sermon on it every Sunday, and having a discussion with friends about it during the week.

Starting now!

**Here's our first Biblical idea:**

*...you will fill me with joy in your presence...* - Psalm 16:11b

If you could be in God's presence right now, you could have full and complete joy. And if you are a Christian, you are in God's presence right now!

In David's day, the Lord dwelt on earth in the Holy of Holies, inside the Temple. But when Jesus died for our sins, Suddenly, the curtain of the sanctuary was torn in two from top to bottom, the earth quaked, and the rocks were split. Matthew 27:51

God tore down the curtain so and came out to be with us everywhere. If you have become a Jesus-follower, God's Spirit lives in you! (Romans 8:9).

So absorb this today: Because God's presence lives in me, I have joy inside me, 24/7!

**Pray:** Lord Jesus, thank You for living in me, and bringing joy to me every moment. Over these next 30 days, help me and my brothers and sisters in Christ to learn to live in Your joy moment by moment, no matter the circumstances. In Jesus' name, Amen!

# 2.

## I CAN BE FILLED WITH JOY

### ROMANS 15:13

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**T**he Apostle Paul expressed a great wish for you: Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).

This benediction-like verse supplies three fundamental facts about joy:

**God is the One who fills me with joy.**

Yesterday we learned that joy is always playing somewhere in our soul. This verse hints that to be filled with all joy, God has to do the filling.

**Having joy may be natural, but full joy is not automatic.**

I can have joy within me, but God has to do something for me to mine it fully.

**When I'm filled with joy, I also overflow with hope.**

God's attributes are bundled together. When I get one, I get them all.

Nehemiah was the cupbearer to the king of Persia when he learned that his ancestral city, Jerusalem, was in ruins. "*I sat down and wept,*" he said (Nehemiah 1:4). What he did then is a textbook study in how to let joy propel you to great things.

When his tear ducts had emptied, he fasted and prayed, and then appealed to the king. “*Send me to the city where my ancestors are buried, so that I may rebuild it,*” he requested (Neh. 2:5).

With the king’s blessing, he recruited some friends, and rode to Jerusalem. He inspected the wall, formulated a plan (Neh. 2:11-16), cast vision to rebuild it (Neh. 2:17-18), resisted a ton of opposition (Neh. 2:19; 4:8; 6:2, 11), motivated and encouraged people to join him in rebuilding the wall, and got the job done in a miraculous 52 days! (Neh. 6:15). Then, like all good leaders, he threw a party to celebrate the accomplishment (Neh. 12:27).

In the midst of this giant job, Nehemiah peels back the curtain on his heart to reveal how he got it all done. “*The joy of the Lord is my strength,*” he said (Neh. 8:10).

### **What Happened?**

The initial news about Jerusalem’s vulnerability brought Nehemiah to sorrow. But he quickly turned both his mood and his situation around. How?

He sought God through prayer and fasting.

With God’s help, he thought through how to solve the problem.

He moved forward, step by step, in spite of opposition.

Those three steps are a template for walking with God: (1) connect with Him (through prayer, both talking and listening), (2) think and listen, and do what He tells you to do, and (3) move forward in faith, without quitting.

Yesterday’s thought was: I have joy down inside me.

Today’s addition is: By walking with God, I can be filled with joy.

Your assignment (should you choose to accept it) is to have a Nehemiah day, by living Nehemiah's way of letting the joy of the Lord be your strength!

**Pray:** Father, Your joy is my strength. I ask You to fill me with joy today. I purpose to do the things You've asked me to do, and as I do them, lead me not into temptation, but deliver me from the evil one. In Jesus' name, Amen!

# 3.

## I CAN HAVE JOY IN MY CHAIR

### PSALM 4

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**Y**ou can be filled with joy without ever leaving your chair. How do I know this? I've experienced it. And there's a Psalm about it.

In Psalm 4, David is sitting in his chair. He's troubled. Follow with me the line of his thinking. *"Answer me when I call, God who vindicates me. You freed me from my affliction; be gracious to me and hear my prayer..."* (v. 1).

David had an "affliction," but quickly, through prayer, it's dissolved. Still, some questions are bothering him. *"How long, exalted ones, will my honor be insulted? How long will you love what is worthless and pursue a lie?"* (v. 2). Important people are saying bad things about him, and doing destructive things.

*"Know that the Lord has set apart the faithful for himself; the Lord will hear when I call to him"* (v. 3). He's claiming what he knows to be true. With God's help, he's thinking clearer thoughts.

*"Be angry and do not sin; reflect in your heart while on your bed and be silent. Offer sacrifices in righteousness and trust in the Lord"* (vs. 4-5). He's talking to himself. "David," he's saying, "calm down and think straight; do the right thing."

*“Many are asking, ‘Who can show us anything good?’ Let the light of your face shine on us, Lord”* (v. 6). His answer to his own question is, God – God is the One who can show us what’s good. Can you see how his mood and thinking have turned around? By sitting with the Lord, David’s perspective and attitude have been transformed!

*“You have put more joy in my heart than they have when their grain and new wine abound”* (v. 7). David’s mood has so changed that when he looks for something to compare it with, he thinks about the last harvest party he attended. It’s a great picture. They were dancing in the moonlight! Everyone was so happy that the harvest had come in and they’d have enough to eat for months to come.

David went from “Answer me Lord!” to “There is so much joy in my heart!” in seven verses. He didn’t get up. He didn’t walk around. He just talked with God and let the Lord direct his thoughts.

That can happen in your chair, today, and every day. Sit. Pray. Read some Scripture. Listen to what God wants to say to you.

Your situation doesn’t have to change for your joy to change. You can experience joy while sitting in your chair.

**Pray:** Lord, thank You for making joy available to me. Speak to me as I sit in my chair today, and tomorrow. Direct my thoughts as we’re together. And let Your face shine on me all day long. In Jesus’ name, Amen!



## ABOUT THE AUTHOR

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**HAL SEED** — In 1992, God called Hal and his family to Oceanside, California to plant New Song Community Church. For the past 30+ years, Hal has served as the Lead Pastor, teaching, shepherding, and leading New Song's staff and congregation. Hal's educational background includes a Master's of Divinity from Denver Seminary in Denver, Colorado and a Doctorate of Ministry from Fuller Theological Seminary in Pasadena, California.