

# **JESUS - Your Sorrow Can Become Joy!**

John 16:20-24, 33

Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy.

When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, ... for joy that a human being has been born into the world.

So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.

In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you.

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

We don't like to suffer

- . We deny it
- . We avoid it
- . We run from it
- . We numb it
- . We hide it

## **1. Sorrow is real**

Truly, truly, I say to you,  
you will weep and lament...  
you will be sorrowful  
Jn.16:20

... they mourned and wept.  
Mk.16:10

Sorrow

- . Physical pain or struggles
- . Financial hardship or loss
- . Emotional sadness or aloneness'
- . Relational conflict or disappointment
- . Spiritual discouragement or sin

Restore to me the joy  
of your salvation.

Ps. 51:12

When a woman is giving birth,  
she has sorrow because her hour has come... (21)

“Not being able to enter into joy  
is the experience of a resentful heart. The elder son in  
the parable of the Prodigal Son couldn’t enter into  
the house and share his father’s joy. His inner complaint  
paralyzed him  
and let the darkness engulf him.”

Henri Nouwen

## **2. Sorrow is temporary**

... but your sorrow will turn into joy  
(20b)

... but when she has delivered the baby, she no longer  
remembers the anguish for joy that a human being has  
been born into the world. (21)

So also you have sorrow now, but I will see you again and  
your hearts will rejoice. (22)

For this light momentary affliction...  
2 Cor. 4:17

Joy comes with the morning...  
Ps. 30:5

I will turn their mourning into joy. I will comfort them and  
give them gladness for sorrow. Jer. 31:13

### **3. Joy is permanent**

. Through the name of Jesus  
No one will take your joy from you.  
(22)

- Not connected to circumstances
- Not connected to the choices  
of others
- Connected to an eternal promise from the everlasting  
God

... they beat them and charged  
them not to speak in the name  
of Jesus and let them go.  
Acts 5:40

Then they left the presence  
of the council, rejoicing that they  
were counted worthy to suffer dishonor for the name.  
(41)

I will greatly rejoice in the Lord;  
my soul shall exult in my God,  
for He has clothed me with  
the garments of salvation,  
He has covered me with the robe  
of righteousness.  
Isa. 61:10

They shall have everlasting joy!  
Isa. 61:7

In that day you will ask nothing of Me. Truly, truly I say to  
you whatever  
you ask of the Father in My name,  
He will give it to you.  
(23)

... that they may have my joy fulfilled in themselves.  
Jn. 17:13

. Through answered prayer  
in the name of Jesus

Until now you have asked nothing in My name. Ask and you will receive.

(24)

... that your joy may be full.

(24)

So many things rob us of “full” joy

- . Doubt
- . Discouragement
- . Division
- . Do not pray
- . Delay
- . Do not obey

Joy in answered prayer

- A change in ...

. The circumstances

The Lord has done great thing for us; we are glad.

Ps. 126:3

Joy in answered prayer

- A change in ...

. Your ability to handle the circumstances.

I can do all things through Christ who strengthens me.

Phil. 4:13

JESUS STRONG!

Joy in answered prayer

- A change in ...

. The feeling of aloneness  
in the circumstances.

I will comfort you...

and your heart shall rejoice.

Isa. 66:13-14

Joy in answered prayer

- A change in ...

. The perspective of your circumstances.

As we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

2 Cor. 4:18

Joy in answered prayer

- A change in ...

. My faith in the midst of our circumstances.

May the God of hope fill you with all joy and peace in

believing. So that  
by the power of the Holy Spirit  
you may abound in hope.

Rom. 15:13

.Through the overcoming  
power of Jesus

I have said these things to you,  
that in Me you may have peace.

(33)

Joy = peace dancing

These things I have spoken to you, that my joy may be in  
you and that your joy may be full. Jn. 15:11

The joy of the Lord is your strength.

Neh. 8:10

- Knowing Him
- Knowing His promises
- Knowing His power
- Knowing His Presence



It is good for me that I was afflicted, that I might learn your statutes.

Ps. 119:71

Your words were found and I ate them, and your words became to me a joy and the delight of my heart.

Jer. 15:16

In the world you will have tribulation. But take heart, I have overcome the world. (33)

This is the victory that overcomes the world even our faith.

1 Jn. 5:4

He has overcome!

Therefore – We overcome!

I waited patiently for the Lord; He inclined to me and heard my cry.

Isa. 40:1

He drew me up from the pit of destruction, out of the miry bog

and set my feet upon a rock,  
making my steps secure. (2)

He put a new song in my mouth,  
a song of praise to our God. (3)

In Your presence there is  
fullness of joy.

Ps. 16:11