

Joy vs. Pleasure – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Write out some examples from your past when you pursued pleasure instead of joy. What have been some recent examples of this? What are some of the things you have wanted recently that have been a pursuit of pleasure?

Day 2

Write out what these verses teach us about pleasure and seeking it.

PROVERBS 10:23

PROVERBS 21:17

ECCLESIASTES 2:2

ECCLESIASTES 7:4

LUKE 8:14

JAMES 4:3

What are some ways you can apply these verses to your life this week?

Day 3

Memorize

EPHESIANS 4:22 (NIV)

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

Day 4

Write out why you think EPHESIANS 4:22 refers to your former desires as being deceitful. What does it mean for something to be deceitful? What was deceitful about these desires? What does God want us to develop to replace deceitful desires?

Day 5

The word joy is found 242 times in the Bible. Do you think God desires to bring us joy? Joy is one of the fruit of the Spirit. What are some ways you can increase the joy in your own life? What are some things that take away your joy?

PSALM 92:4 (NIV)

For you make me glad by your deeds, O LORD; I sing for **joy** at the works of your hands.

Is joy a choice we make, or a feeling we cannot affect?

Joy has a lot to do with our attitude towards God. What are some ways that you can change your attitude that will increase your joy?

PSALM 71:23 (NIV)

My lips will shout for **joy** when I sing praise to you—I, whom you have redeemed.