

Joy And Sorrow - Good And Bad

Eccl. 3:4; Rom. 12:15

Introduction:

1. The Bible teaches that life is a mixture of joy and sorrow.
 - a. Life can be enriched by both joy and sorrow - if it is right kind.
 - b. Life can be harmed by both joy and sorrow - if it is the wrong kind.
2. The Bible speaks of two kinds of joy and sorrow - godly and worldly - good and bad.
 - a. We must learn to make the distinctions.
 - b. We must learn to enjoy right kind of joy and profit from right sorrow.

Discussion:

I. Joy.

- A. Wholesome pleasures that we should enjoy.
 1. Pleasure from the Ordinary things of life.
 - a. Material things of life. (Ecc. 3:13; 5:18; 8:15; 1 Tim. 6:17).
 - b. Relationships of this life. (Marriage, parenthood, friendships, etc.)
 - c. Social and leisurely activities of life (Jesus at feasts, Mk. 6:31, etc.)
 2. Pleasure from the Spiritual things of life.
 - a. Obey the gospel (Acts 8:39; 16:34)
 - b. Worshiping and serving the Lord. (Psa. 122:1)
 - c. Sacrificing for the Lord. (Acts 5:41; 2 Cor. 12:10).
 - d. Hope (Rom. 12:12; Heb. 3:6).
 - e. Joy in others walking in truth. (3 John 3-4).
- B. Unwholesome pleasures that we should not enjoy.
 1. Forbidden pleasure. (cf. Heb. 11:25).
 - a. Kicks from drugs (alcohol, etc.) - Christian to be sober-minded.
 - b. Sensual pleasures of lasciviousness. (cf. Gal. 5:19ff).
 - c. Rejoicing in iniquity (1 Cor. 13:6)
 2. Excessive pleasure (Luke 8:14; 2 Tim. 3:4).
 - a. Crowds out word and spirituality.
 - b. Crowds out and interferes with higher duties.

II. Sorrow.

- A. Beneficial sorrow (cf. Eccl. 7:2-4)
 1. Sorrow over ordinary things of life.
 - a. Jesus wept on occasions. (Lazarus and Jerusalem).
 - b. We should be sorrowful over many situations in life.
 - c. We should be sorrowful with others who are sorrowful.
 2. Sorrow over sin.
 - a. In others. (Jesus over Jerusalem)
 - b. In ourselves leading to repentance. (2 Cor. 7:8-10; cf. Matt. 5:4).
- B. Destructive sorrow.
 1. Sorrow over sin that does not lead to repentance.
 2. Sorrow that is self-inflicted from sin. (1 Tim. 6:10).
 3. Sorrow that is excessive. (2 Cor. 2:7).

Conclusion:

- A. Let us keep joy and sorrow godly.
- B. Let us keep joy and sorrow in perspective.
 1. Christian's life is not without sorrow -- we need some sorrow.
 2. Christian's life is mostly joy -- he gets joy out of things others do not.
- C. Let anyone who is in sin come in sorrow (repenting) then go on his way rejoicing (saved).