



# A Bible Study On The Gift of Joy

**Suggested use:** To introduce this topic, show the brief video *Celebrating Milestones*. It is available for viewing directly from ALOA's website or can be downloaded for viewing at [www.aloaserves.org/resources/videos/celebrate-milestones/](http://www.aloaserves.org/resources/videos/celebrate-milestones/)

## Introduction

Charlie Brown in his cartoon strip says, "Happiness is what you have after your hiccups are gone away." One might hear this comment by older adults: "Getting older is no fun. I wish I didn't have to get old." So the question is: how do we continue to experience happiness and joy in the aging process? Let's take a look at Scripture for some help.

## The source of joy and happiness comes from the Triune God.

### Readings:

Father, creator  
Psalm 96:11-12 and Psalm 98:8

### Son, Savior

Psalm 51:8 and 12  
Psalm 95:1  
Hebrews 1:8-9  
Matthew 28:8

### Holy Spirit, giver of faith and power

Romans 14:17  
Galatians 5:22  
1 Peter 1:8

Share some of the joy and happiness you have experienced through your relationship with the Triune God.

## There is joy in heaven

**Read:** Luke 15:7

Can you picture the angels in heaven experiencing joy and happiness?

## There is great joy on earth when the good news of Jesus is communicated to people and they receive Jesus by believing in him for salvation.

**Readings:** Acts 15:3  
Nehemiah 8:10

How has the joy of the Lord given you strength in your aging process?

If something has robbed you of your joy in life, how can that joy be restored?

## There is joy because of the continual presence of our God in our lives.

**Readings:** Psalm 21:6  
Matthew 28:20

## There is joy in the blessing and benediction of God

**Readings:** Romans 15:13  
Numbers 6:24-26  
John 14:1-21

---

**Pastor Ken Holdorf** has been in ordained ministry for over 50 years, and currently serves as Pastor of Senior Adult Ministry at Prince of Peace Lutheran Church in Carrollton, Texas. He is the author of several manuals on senior adult ministry, including *Best Practices for Ministry By and For Senior Adults*. Pastor Holdorf generously grants permission for this study to be copied, used and adapted to fit individual needs.

**Adult Lutherans Organized for Action - ALOA** is a nationwide resource to the church that strengthen ministry by, with and for adults in the second half of life. ALOA offers events for individuals and provides resources to encourage older adult ministry in Lutheran congregations.



ALO A is a Recognized Service Organization (RSO) of the LCMS and an affiliated Social Ministry Organization of the ELCA.



Evangelical Lutheran Church in America  
God's work. Our hands.

