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| **Hebrews 4:14-16**  **⮚ *Whenever we meet Jesus, He offers to exchange what we have for what He has.***  **• Luke 2:10-14, Matthew 2:10, Luke 1:14**  Three Kinds of Pain I Can Exchange  for God’s Joy  ***Biblical joy is choosing to respond to external circumstances with inner contentment and satisfaction, because we know that God will use these experiences to accomplish His work in and through our lives. ~Mel Walker***  **• James 1:2, Galatians 4:15, 26**  **⮚ *Biblical joy is a choice and it only comes from one place, God.***  **1. My place in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for**  **the joy of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**  **• Romans 10:9, Galatians 4:4-5**  **2. My \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the joy of**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_.**  **Jesus experienced loneliness from rejection.**  **• John 7:7, Isaiah 53:2-3, John 8:59, John 10:31,39**    **Jesus experienced loneliness from abandonment.**  **• John 6:66, Matthew 26:35, Mark 14:50, Matthew 27:46** |  | **Joy of friendship. John 15:15, Proverbs 18:25**  **⮚ *God himself wants to be my friend.***  **⮚ *God is my friend; no one could, does or will love me more than He does.***  **Joy of family. Ephesians 1:5, 2:19 John 1:12, Galatians 3:26**  **3. My \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the joy of**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**  **Hunger. Matthew 4:2**  **Fatigue. John 4:6**  **Exhaustion. Matthew 15:30**  **Greif. Luke 19:41**  **Temptation.**  ***Our great High Priest not only is perfectly merciful and faithful but also perfectly understanding. He has an unequaled capacity for sympathizing with us in every danger, in every trial, in every situation that comes our way, because He has been through it all Himself. … He experienced every kind of temptation and testing, every kind of vicissitude, every kind of circumstance that any person will ever face. ~John MacArthur***  **⮚ *Jesus completely understands us and everything we go through, and this brings us comfort.***  **• 2 Corinthians 1:3-4, Romans 8:28-29, Proverbs 19:21, Psalm 115:3, John 14:27**  **Do I comfort others because of the comfort I have**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from God?**  **Am I exchanging my pain for God’s \_\_\_\_\_\_\_\_\_\_?** |