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.
         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. Worshipping 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.
         a. Kicks from drugs (alcohol, etc.) - Christian to be sober-minded.
         c. Rejoicing in iniquity (1 Cor. 13:6)
         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).