

Heart Like Jesus

happy & joyous

When is the last time you had a seriously great laugh? What, why, and with whom?

Explore [Proverbs 17:22](#). What does this wise saying teach us?

Ponder this: *Jesus' happy, joyous heart is your best medicine every time you grow gloomy, grumpy, and weary.*

Do you often think of Jesus as happy, joyous, even capable of laughter? Why or why not?

Explore the following passages on joy and happiness. Identify your best insights:

[2 Chronicles 7:10](#)—

[Ezra 6:22](#)—

[Luke 15:7](#)—

[John 15:11](#)—

[Hebrews 12:2-3](#) yields unique insights regarding Christ's heart while he endured the cross.

What most impresses you in these verses. Why?

What's an arena of your life and heart where you might readily feel weary and fainthearted these days?

How can Christ's heart of joy influence your own heart?

What practices help you most effectively "turn your eyes upon Jesus," look to him, and more deeply consider his heart?

How can you more readily access Jesus' happy, joyous heart in the coming week?

Get Ready for Next Week:

Read each day and aim to memorize [Matthew 11:28-30](#).

Also read [Hebrews 4:14-16](#) and [Luke 15](#).