

## RESTORED! | GOD RESTORES LOST JOY

Joy is one of the first tangible things affected by sin, guilt, and shame. Psalm 51 is David's cry from a place where joy has been lost — not stolen, but surrendered through his own choices. Yet in that place, God meets him with mercy. This lesson is about a God who restores joy to wounded souls, who rebuilds what sin has broken, and who breathes life back into places that feel spiritually stale. Restoration doesn't begin with perfection; it begins with honesty. Let's see what God's Word has to say!

### Psalm 51:10-13

10 Create in me a pure heart, O God, and renew a steadfast spirit within me. 11 Do not cast me from your presence or take your Holy Spirit from me. 12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. 13 Then I will teach transgressors your ways, so that sinners will turn back to you.

### Additional Verses:

- 2 Corinthians 5:17 — Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
- Psalm 112:7 — They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.
- 1 Peter 5:10 — And the God of all grace, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.
- Romans 14:17 - For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit"
- Nehemiah 8:10b (NKJV) — ...do not grieve, for the joy of the Lord is your strength."
- Psalm 16:11 — You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.
- John 15:4-5, 11 — Remain in me, as I also remain in you... so that my joy may be in you and that your joy may be complete.
- Psalm 40:8 — I delight to do your will, O God!
- 1 John 1:9 — If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

**Bible Refs:** [Acts 3:19-21](#); [Psalm 51](#); [Ezekiel 36:26](#); [2 Corinthians 5:17](#); [Psalm 112:7](#); [1 Cor 15:58](#); [1 Peter 5:10](#); [Psalm 40:8](#); [Hebrews 12:2](#); [Romans 14:17](#); [Nehemiah 8:10](#); [Psalm 16:11](#); [John 15:1-11](#); [1 John 1:9](#); [Romans 10:9](#); [1 Tim 6:12](#) [**SPANISH**]

### Questions for Reflection

1. What speaks to you the most? What words stand out to you? Is there a key verse?
2. How does God transform your failures in a way that displays His glory and grace? Do you have any personal examples of this? How does David's prayer encourage you to bring your

brokenness into the open to experience God's healing? Where do you sense God inviting you to experience renewed joy?

3. The joy of the Lord is your strength and in His presence is fullness of joy. Why does it matter what the source of our joy is? What happens when we drift from the source? Why is joy an issue of distance and not power? What can we do to restore our joy?
4. When we try to live the Christian life with a stubborn, unwilling spirit, it feels exactly like driving a car without power steering. Why is a steadfast and willing spirit essential to experiencing the joy of the Lord? Where does the world often look to for joy? Why is the joy the world pursues a poor substitute for the joy the Lord gives?
5. Confession is not humiliation—it is the doorway to restoration. Confession is like opening a window in a stuffy room. Grace clears what guilt has made stale. How does God use confession to breathe fresh air into our lives? What areas of your life need the “fresh air” of confession and grace?
6. What insight did you gain from this lesson? Identify a few takeaways from this lesson.

### **A Few Takeaways**

- Your story is not defined by failure.
- Confession opens the door to renewal.
- God's grace restores lost joy and intimacy with God.
- God can transform our brokenness into something beautiful.

### **In Closing**

The joy of the Lord is your strength, and in His presence is fullness of joy! David's story reminds us that joy can be restored — fully, deeply, and personally! Despite all the things David did to hide what he had done, he did not experience joy in the cover-up. Once he confessed his sin to God, he received forgiveness, and his joy returned. The wounded soul is not without hope; it is a soul positioned for revival. Trust that the God who restored David's joy can restore yours!

Ask for...

- A clean heart
- A steadfast and willing spirit
- Renewed communion with God
- Overflow of praise

Pray that God would restore to you the joy of your salvation today, that His overflowing joy will be your strength as you experience His presence, and that His joy will sustain you with a willing spirit daily.