

ZOOM BIBLE STUDY

Becoming Who God Created You to Be

led by Mary Lowman



March 31, 2026

**Becoming a Happy, Joyful Woman
led by Mary Lowman**

Psalm 68:3: *But may the righteous be glad and rejoice before God; may they be happy and joyful.*

God wants us as his women to be joyfully happy. While the Bible emphasizes being joyful and rejoicing, it never implies that happiness is not worth having just because it is a fleeting emotion.

Ecclesiastes 5:19: *Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God.*

1 Peter 1:8: *Though you have not seen him, you love him... and are filled with an inexpressible and glorious joy.*

Romans 14:17: *The kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.*

God wants you to be joyfully happy! However, being a joyful happy Christian requires intentionality because Satan is working all the time to steal our joy, which also steals our happiness.

The Joy Gap

“Joy Gap” is a term used today to define the space between what you think will bring you joy and what actually does.

You may be experiencing this gap at work. That would be the gap between what you expect from your work, your career, and what you actually feel.

Then there's the Joy Gap in relationships—the length of time between moments of joy in a relationship.

These Joy/Happiness Gaps occur in a marriage, a family relationship, a friendship—those important relationships in your life that you expect to bring you happiness, but when those moments are fewer and fewer and further apart, you experience Joy Gaps.

The reason most often given for this Joy Gap is because of **misplaced expectations**. We tend to assign too much power to things, to people, to circumstances. Even the best events in our lives, which bring us great joy and happiness—like getting married or having children—as wonderful as they are, have their Joy/Happiness Gaps.

Another reason is comparison. Comparison quietly steals joy. Comparing yourself, your situation to others is a sure way to increase your Joy Gap.

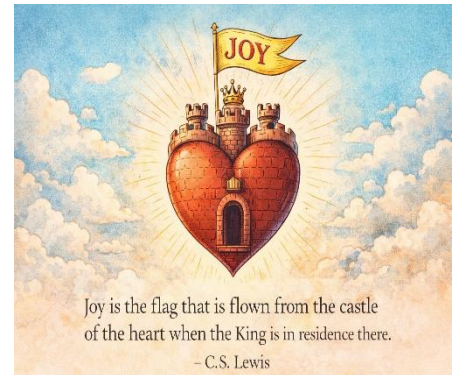
And then there's fear—those “what if” thoughts. *What if this doesn't last? What if something goes wrong? What if I lose what I have?* You can't enjoy what you have for fear that you could lose it.

Sometimes, the Joy Gap **comes from simple neglect**. To be this joyful happy woman of God, you will need to make sure that you are staying close to Jesus and making sure that your relationship with Jesus does not have any Joy Gaps.

When your joy is rooted in Christ, it becomes steady. It doesn't mean life is easy but there's a deep sense of peace, confidence, and assurance that isn't shaken by what's happening around you.

The Bible calls joy a fruit of the Spirit. That means it's not something you manufacture—it's something God produces in you as you stay connected to him. C.S. Lewis' said: "Joy is the flag that is flown from the castle of the heart when the King is in residence there."

If you're feeling that Joy Gap, don't try harder to fix your circumstances. Instead, draw closer to the One who *is* your joy.



Characteristics of Joyful Happy People

- **They are grateful—fanatically grateful!**
Joy/happiness and gratitude are closely connected. Speak words of thanksgiving all through the day, even if you don't necessarily feel them. And refuse words of negativity.
- **They are not envious!**
Envy is thinking that something *you don't have* is good. There's always something else out there that looks good and you don't have it.
- **They are contented!**
A happy person is learning to be content. You focus on what you have rather than what you don't have.
- **They don't feel entitled!**
You don't think the world owes you anything—and all the good things you receive are undeserved gifts.
- **They are blissfully self-forgetful!**
There is so much joy and happiness when you truly forget about yourself because you don't have time to think about yourself so much.
- **They are aware of the need to guard their thoughts carefully.**
2 Corinthians 10:5: *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*
- **They stay connected to God all day long.**
It's practicing the presence of Jesus all day. You'll find that the Joy Gap closes the more you practice the presence of Jesus.
- **They live with purpose.**
When you're doing what God has called you to do, there's a deep sense of joy that comes from knowing you're right where you're supposed to be.

And over time, you'll notice something beautiful. Joy becomes less dependent on what's happening around you and more rooted in what God is doing within you.

When the Gap Lingers

But what about those times when the gap doesn't seem to end? There are some circumstances in life that simply kill all those joy happy feelings.

Ecclesiastes 7:14: *When times are good, be happy; but when times are bad, consider this: God has made the one as well as the other. Therefore, no one can discover anything about their future.*

Even in difficult seasons, you learn that the joy is still there. It's just temporarily buried under grief, or tragedy, or broken hearts, or dire disappointments. You know that God has not left you; you know that he still loves you; you know that he cares about what you're going through.

You know those things because you've learned them—you have them hidden in your heart through knowledge and practice and strong faith. So, **you lean into what you know, not what you feel.**

Sometimes the Joy Gap remains for a while because God is doing something deeper that you can't see.

So, if you're in that place today, keep trusting, keep walking, keep turning your heart toward the Lord. Remember that small steps can still walk miles.

Gratitude Is the Hinge Pin of Happiness

Happiness hinges on gratitude—being thankful. Modern psychology is finally understanding what the Bible told us long ago:

Psalms 100:4: *Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.*

Psalms 107:1: *Give thanks to the Lord, for he is good; his love endures forever.*

1 Thessalonians 5:18: *Give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

Colossians 2:6-7: *So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

Get Rid of Negative Attitudes

Your attitude is always your choice!

"The longer I live the more I realize the impact of attitude in life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home.

"The remarkable thing is we have a choice everyday regarding the attitude we will

embrace for the day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

*"I am convinced that life is 10% what happens to us and 90% how we react to it."
(The poem "Attitude" by Chuck Swindoll)*

Where would you rate your attitude for the past month?

- ___ Mostly positive
- ___ Half positive, half negative
- ___ Mostly negative

Learn to "re-frame."

Watch your self-talk!

My first words and/or thoughts each day are usually:

- Positive and affirming
- Negative and complaining
- "Prophesies of doom"
- None of the above!

The words I say to myself about myself are usually:

- Encouraging and uplifting
- Critical and unkind
- Harsh and unforgiving
- None of the above!

Your day is won or lost in the morning hours!

What could you do to have a better start to your day?

- Get up earlier.
- Have a more consistent morning time with the Lord.
- Discipline myself to begin each day with a positive attitude.
- Stop procrastinating – do the "stuff I don't want to do" first and get it out of the way.
- _____