

Trading sorrow for joy
John 16:16-33

Many of our heroes of the faith have said that the chief mark of a true Christian is joy. We see this in **John 16:16-33**, where Jesus continues to encourage His disciples. He is going away. How will they go forward without Him? Jesus provides many answers to the question throughout the upper room discourse. He reveals to them how it is to their advantage that He go, as He will draw near to them like never before, pouring His peace and joy into their souls in the midst of their tribulations. After explaining many reasons and means of their joy in the upper room discourse, our text contains the final three reasons it is good that He go to the cross, rise again and sit at the right hand of His Father.

First, sorrow turns to joy, v16-23,
v20 *“your sorrow will be turned into joy.”*

Second, prayer fills our lives with joy, v24-28
v24, *“Ask, and you will receive, that your joy may be full.”*

Third, we have peace in world of tribulation, 29-33
v33 *“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”*