

Prayer Points for Joy

These prayer points for joy are for believers and churches who want the joy the Bible describes: not a forced smile or happiness on demand, but gladness rooted in God Himself that can live alongside tears. They pray for joy in the Lord and in our salvation, joy that holds in trials, joy for those who are downcast, and joy in serving others and in the life of the church.

Rejoice in the Lord always. I will say it again: Rejoice!

Philippians 4:4 (BSB)

If you are in a heavy season, start with the section for the downcast and pray it slowly; the psalms in it were written by people who knew sorrow well. In a group, let a different person lead each section and leave room for thanks between them. On your own, pray one section a day and write down one reason for joy each evening.

Joy in the Lord Himself

1 God, my greatest joy

O God, my God, You are my greatest joy. Forgive me for looking for joy first in comfort, success or approval. Draw me back to You, and let my praise rise from a heart that has found its delight in You.

Then I will go to the altar of God, to God, my greatest joy. I will praise You with the harp, O God, my God.

Psalms 43:4 (BSB)

2 The joy of the LORD is our strength

LORD, when Your people wept as they heard Your law, Nehemiah told them not to grieve, for the joy of the LORD was their strength. Strengthen us with that joy, and like them, help us send portions to those who have nothing prepared.

Then Nehemiah told them, "Go and eat what is rich, drink what is sweet, and send out portions to those who have nothing prepared, since today is holy to our Lord. Do not grieve, for the joy of the LORD is your strength."

Nehemiah 8:10 (BSB)

3 Joy in Your presence

Lord, You have made known to me the path of life. You fill me with joy in Your presence and with eternal pleasures at Your right hand. Teach me to stop chasing joy where it fades and look for it where it lasts.

You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.

Psalms 16:11 (BSB)

4 The God who rejoices over us

LORD, You are among Your people, mighty to save, and You rejoice over them with gladness and singing. Thank You for such a love. Let our joy begin there: not with how we feel about You, but with how You delight in us in Christ.

The LORD your God is among you; He is mighty to save. He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing.”

Zephaniah 3:17 (BSB) ·

Joy in our salvation

5 Names written in heaven

Lord Jesus, You told Your disciples not to rejoice that spirits submitted to them, but that their names were written in heaven. When ministry goes well or badly, keep our deepest joy fixed on what can never be taken away.

Nevertheless, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.”

Luke 10:20 (BSB)

6 Clothed in garments of salvation

LORD, I will rejoice greatly in You, for You have clothed me with garments of salvation and wrapped me in a robe of righteousness. I bring nothing but my need, and You give me Your righteousness. Let that make me glad today.

I will rejoice greatly in the LORD, my soul will exult in my God; for He has clothed me with garments of salvation and wrapped me in a robe of righteousness, as a bridegroom wears a priestly headdress, as a bride adorns herself with her jewels.

Isaiah 61:10 (BSB) ·

7 Inexpressible and glorious joy

Lord Jesus, though we have not seen You, we love You; though we do not see You now, we believe in You. Fill us with an inexpressible and glorious joy as we receive the goal of our faith, the salvation of our souls.

Though you have not seen Him, you love Him; and though you do not see Him now, you believe in Him and rejoice with an inexpressible and glorious joy, now that you are receiving the goal of your faith, the salvation of your souls.

1 Peter 1:8-9 (BSB)

8 Rejoicing in God my Savior

God my Savior, with Mary my soul magnifies You and my spirit rejoices in You. Keep the wonder of my salvation fresh, so that the gospel never becomes old news to me.

Then Mary said: "My soul magnifies the Lord, and my spirit rejoices in God my Savior!"

Luke 1:46-47 (BSB) ·

Joy in trials

9 Pure joy in the testing

Father, You tell us to consider it pure joy when we face trials of many kinds, because the testing of our faith develops perseverance. I do not enjoy the trial itself; help me trust what You are building in me through it.

Consider it pure joy, my brothers, when you encounter trials of many kinds, because you know that the testing of your faith develops perseverance.

James 1:2-3 (BSB)

10 Rejoicing even in suffering

God, help us rejoice even in our sufferings, knowing that suffering produces perseverance, perseverance character, and character hope. Thank You that this hope does not disappoint, because You have poured Your love into our hearts through the Holy Spirit.

Not only that, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts through the Holy Spirit, whom He has given us.

Romans 5:3-5 (BSB)

11 Sorrowful, yet always rejoicing

Lord, make us people who are sorrowful yet always rejoicing, poor yet making many rich, having nothing and yet possessing everything. Let our joy be honest enough to weep and deep enough to last.

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2 Corinthians 6:10 (BSB)

12 For the joy set before Him

Lord Jesus, for the joy set before You, You endured the cross and scorned its shame. When obedience costs us something, help us fix our eyes on You and on the joy ahead, and keep going.

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorned its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2 (BSB)

Joy for the downcast

13 Why are you downcast, O my soul?

God, some of us come to You downcast and uneasy, and we cannot argue ourselves out of it. Teach us to speak to our own souls as the psalmist did, to put our hope in You, and to say: I will yet praise Him.

Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him for the salvation of His presence.

Psalms 42:5 (BSB)

14 Consolation when anxiety overwhelms

Lord, when anxiety overwhelms me, let Your consolation delight my soul. Meet me in the racing thoughts of the night, and give me courage to tell a friend, a pastor or a doctor how heavy things have become.

When anxiety overwhelms me, Your consolation delights my soul.

Psalms 94:19 (BSB)

15 The oil of joy for mourning

LORD, You promised to console the mourners in Zion, to give them a crown of beauty for ashes, the oil of joy for mourning and a garment of praise for a spirit of despair. We ask this for the grieving and hopeless among us.

to console the mourners in Zion—to give them a crown of beauty for ashes, the oil of joy for mourning, and a garment of praise for a spirit of despair. So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified.

Isaiah 61:3 (BSB)

16 Joy comes in the morning

LORD, weeping may stay the night, but joy comes in the morning. For those whose night has been long, give strength to hold on, people to sit with them, and hope that the darkness is not the end of their story.

For His anger is fleeting, but His favor lasts a lifetime. Weeping may stay the night, but joy comes in the morning.

Psalms 30:5 (BSB)

Joy in serving

17 Faithful in little things

Lord, help us serve faithfully in small things: the nursery shift, the hospital visit, the setup and cleanup no one sees. Let us serve for the joy of hearing You say, Well done, good and faithful servant.

His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Enter into the joy of your master!'

Matthew 25:21 (BSB)

18 Joy that overflows into generosity

Father, the churches of Macedonia had abundant joy in deep poverty, and it overflowed into rich generosity. Free us from grudging, anxious giving. Let our joy in You show up in open hands and open homes.

In the terrible ordeal they suffered, their abundant joy and deep poverty overflowed into rich generosity.

2 Corinthians 8:2 (BSB)

19 No greater joy

Lord, give parents, grandparents, mentors and teachers the joy John knew: to hear that their children are walking in the truth. Keep us faithful in pouring into the next generation, and comfort those still waiting to see that day.

I have no greater joy than to hear that my children are walking in the truth.

3 John 1:4 (BSB) ·

Joy in the church

20 Your joy in us

Lord Jesus, You told us these things so that Your joy may be in us and our joy may be complete. Make our church a place of real gladness, in our worship, our welcome and our friendships.

I have told you these things so that My joy may be in you and your joy may be complete.

John 15:11 (BSB)

21 Make our joy complete

Father, make our joy complete by making us like-minded, sharing the same love, united in spirit and purpose. Heal the quiet rivalries and grudges that drain the joy out of a church family.

then make my joy complete by being like-minded, having the same love, being united in spirit and purpose.

Philippians 2:2 (BSB)

22 Meals shared with gladness

Lord, the first believers met daily and shared their meals with gladness and sincerity of heart, praising God. Fill our homes and fellowship halls with that simple joy, and keep adding to our number those who are being saved.

With one accord they continued to meet daily in the temple courts and to break bread from house to house, sharing their meals with gladness and sincerity of heart, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Acts 2:46-47 (BSB)

Rejoicing and weeping together

God, teach us to rejoice with those who rejoice and weep with those who weep. Keep us from envy at another's good news and from awkward silence at another's grief. Make us a church where joy and sorrow are both shared.

Rejoice with those who rejoice; weep with those who weep.

Romans 12:15 (BSB)

A closing prayer

Lord, You are our greatest joy. Thank You for the joy of our salvation, which no one can take away. Where we are downcast, lift our heads; where we are grieving, hold us until the morning comes. Fill us with joy as we serve, give and gather, and make our church a glad and honest family, so that Your joy may be in us and our joy may be complete. In Jesus' name, Amen.