

John 16 — Sorrow turned to joy

John 16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus say the Spirit will do when he comes, and what does he promise about grief turning to joy?

2. What does it show me about people — and about myself?

'You will grieve, but your grief will turn to joy.' Where are you grieving right now — and what would trusting that promise look like?

3. What will I obey this week? (a concrete step, with a day)

Jesus invites us to ask the Father in his name so that our joy may be complete. What will you begin asking for, persistently, this week?

4. Who will I tell?

'Take heart! I have overcome the world.' Who do you know who is losing heart — and how will you carry those words to them this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you told your friends the truth: in this world we will have trouble. Thank you that you have overcome the world, and that no one can take away the joy you give.



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