SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

John

Chapter 16

Sorrow Turned into Joy

MEMORY VERSE · JOHN 16:33

"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in John 16

On the night before the cross Jesus told His friends the hard truth and the good news together: trouble is coming, but the Helper is coming too, your grief will turn into joy, and I have already won. This week, bring Him your trouble and your grief, and take hold of His peace.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study and the slides for this chapter are on the John study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

Kept from Stumbling

READ · JOHN 16:1–6

OBSERVE — WHAT DOES IT SAY?

Why does Jesus say He is telling them these things (vv. 1, 4)? What two things will people do to them (v. 2), and why (v. 3)? What has filled the disciples' hearts (v. 6)?

REFLECT

Jesus warned His friends ahead of time so they would not be tripped up (v. 1). What hard thing has come into your life that Scripture actually warned you about — and did it shake your faith or confirm His word?

REFLECT

"Sorrow has filled your heart" (v. 6). Jesus did not scold them for it. What sorrow is filling your heart right now that you need to be honest with Him about?

RESPOND — TODAY

Tell Jesus plainly today what sorrow you are carrying, in your own words, without dressing it up.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 16:33)

DAY 2 OF 5

Better That I Go

READ · JOHN 16:7–11

OBSERVE — WHAT DOES IT SAY?

Why does Jesus say it is to their advantage that He goes away (v. 7)? List the three things the Helper will convict the world about and the reason given for each (vv. 8–11).

REFLECT

Jesus calls His leaving an "advantage" (v. 7). What loss or change in your life might God be using for your good, even though you would never have chosen it?

REFLECT

The Spirit convicts "concerning sin, because they do not believe in Me" (v. 9). When has the Holy Spirit shown you your sin in a way you could not argue with — and what did He do next to bring you comfort?

RESPOND — TODAY

Ask the Holy Spirit to show you one thing He wants to deal with in you, and when He does, confess it and receive His forgiveness.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 16:33)

DAY 3 OF 5

Guided into the Truth

READ · JOHN 16:12–15

OBSERVE — WHAT DOES IT SAY?

What will the Spirit of truth do, according to verse 13? Whom will He glorify, and what will He take and disclose (vv. 14–15)?

REFLECT

“He will guide you into all the truth” (v. 13). Where do you need guidance right now — a decision, a relationship, a temptation — and are you looking for it in His Word or somewhere else?

REFLECT

Verse 14 says the Spirit “will glorify Me.” How can you tell whether a voice, a feeling or a teaching is from the Spirit? What does it say about Jesus?

RESPOND — TODAY

Before you open the Bible today, pray, “Spirit of truth, guide me into the truth and show me Jesus,” then read John 16:13–15 again and write down one thing He shows you.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 16:33)

DAY 4 OF 5

Grief Turned into Joy

READ · JOHN 16:16–24

OBSERVE — WHAT DOES IT SAY?

How many times does the phrase “a little while” appear in verses 16–19? What picture does Jesus use in verse 21? What does He promise about their joy in verse 22?

REFLECT

Jesus does not say grief will be replaced but that “your grief will be turned into joy” (v. 20), like a mother whose labor brings a child (v. 21). What grief in your life could God turn — not erase — into something good?

REFLECT

“Until now you have asked for nothing in My name” (v. 24). What have you stopped asking the Father for, and why did you stop?

RESPOND — TODAY

Write down three things you will ask the Father for in Jesus’ name this week, and pray over them each morning, remembering verse 24: “ask and you will receive, so that your joy may be made full.”

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 16:33)

DAY 5 OF 5

I Have Overcome the World

READ · JOHN 16:25–33

OBSERVE — WHAT DOES IT SAY?

What does Jesus say about the Father's love in verse 27? What will the disciples do in verse 32, and why is Jesus "not alone"? What three things does Jesus say in verse 33?

REFLECT

The disciples said, "Now we know … we believe" (v. 30), and within hours they scattered (v. 32). Where have you been strong in words but run when it got hard — and how does Jesus' patience with them speak to you?

REFLECT

"In the world you have tribulation, but take courage; I have overcome the world" (v. 33). What tribulation are you facing, and what does it mean for that trouble that Jesus has already won?

RESPOND — TODAY

Memorize verse 33 today. Each time trouble presses on you, say it out loud and thank Jesus that He has overcome the world.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 16:33)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

Jesus said, “I am not alone, because the Father is with Me” (v. 32). When have you felt most alone, and how has God shown you He was there?

FOR THE GROUP · 2

The woman in labor “no longer remembers the anguish because of the joy” (v. 21). Can you share a time when God turned something painful in your life into joy?

FOR THE GROUP · 3

Verse 27 says “the Father Himself loves you.” How does it change your prayers to know you are not trying to persuade an unwilling Father?

MY PRAYER

Father, thank You that You Yourself love me and that Jesus has overcome the world, so in my trouble today I ask You…

CUT OUT · CARRY IT · JOHN 16:33

"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."