AGAPE HOUSE OF WORSHIP

BIBLE STUDY – WEDNESDAY AUGUST 19TH, 2026 **Teacher: Kehinde Olatubosun**

Study Series: That You Might Believe, A Journey through the Gospel of John
Part 28: Sorrow Turned to Joy: Victory, courage, overcoming faith. Text **John 16:16-33**

Introduction

This passage is part of Jesus' farewell conversation spoken in the Upper Room on the night before His crucifixion. The disciples are confused and afraid because Jesus keeps telling them He is "going away." Jesus knew they were about to face one of the hardest moments of their lives. Jesus is preparing their hearts for three realities: His death, His resurrection, and His ascension — and for the life of faith they will live in between. But Jesus also knew that sorrow would not be the end of the story.

Objective: Today's bible study helps us understand that sorrow in the Christian life is real, temporary, and purposeful — and that Jesus does not merely comfort us in sorrow, He transforms it into joy, and equips us with peace and victory to overcome the world. This passage covers 4 thoughtful points which we will look into.

1. Confusion Before Revelation-John 16:16-19

- There are seasons where believers may be confused, but confusion does not mean God is absent. The disciples did not understand, but Jesus was still in control.
- God doesn't always explain Himself in the moment — He invites trust before He gives full clarity. **Proverbs 3:5 NIV** "Trust in the Lord with all your heart and lean not on your own understanding."
- Confusion is often the doorway to deeper understanding, (always as question for clarity).
- Jesus's "little while" reminds us to view pain in light of future joy. (Heb 12:2)
- What looks like loss is the path to a deeper kind of presence. (He gave us the Holy Spirit)

Question: Have you ever gone through a season where you did not understand what God was doing?

2. Sorrow Turned Into Joy- John 16:20–22

- Labor pain is productive pain — it's not meaningless, it's purposeful.
- Resurrection joy is permanent in a way circumstantial joy never is. Psalm 30: Weeping may endure for a night, But joy comes in the morning.
- God can use painful seasons to produce testimony, strength, and joy.
- Christian joy does not mean there is no sorrow. It means sorrow is not the end of the story. (Vs 22)

Question: What are some situations in life that may begin with pain but later produce joy?

3. Access to the Father Through Jesus-John 16:23–28

Jesus was pointing to what His death and resurrection would make possible:

- Direct access to the Father.
- Prayer in the name of Jesus.
- A deeper relationship with God.
- Confidence that the Father loves His people.

Because of Jesus, believers do not approach God as strangers. We come to the Father with confidence because Christ has opened the way. **Hebrews 4:16 NIV** "Let us then approach God's throne of grace with confidence."

Question: **What does it mean to pray in Jesus' name?**

4. Peace and Victory in the Midst of Trouble- John 16:29–33

- Your weakness does not surprise Jesus. He knows how to restore those who belong to Him.
- Faith can be real and still need growth.
- The peace Jesus gives is not based on perfect circumstances. It is based on His presence, His victory, and His finished work. **Philippians 4:6–7 NIV** God's peace will guard our hearts and minds in Christ Jesus.
- "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." **John 16:33**

Question: What does this teach us about human weakness?

Practical ways to be prepared not to crack under pressure: **Build your "before the storm" habits now, not during it**

- Daily time in Scripture and prayer —build a reservoir you draw from later. You can't cram spiritual strength in a crisis.
- Memorize a handful of verses that anchor you (Isaiah 41:10, Philippians 4:6-7, John 16:33) so truth is available even when you can't open a Bible or think straight.
- Don't isolate, build a community of believers
- Have 2-3 people you can call before crisis hits, not after
- Depend on the Holy Spirit ("Lord, help me," "Not my strength, but Yours" 2nd Cor 12:9)

Closing: John 16:16–33 reminds us that Jesus does not leave His people unprepared. He tells the truth about sorrow, trouble, and weakness, but He also gives a greater truth.