

# Your Sorrow Will Turn into Joy

In **John 16:16–24**, as Yahusha speaks to His disciples about leaving them and going to the Father, they are confused, fearful, and filled with questions. Recognizing their desperate need for encouragement, Yahusha teaches them about the Ruach HaQodesh, who would be given to believers after Mashiach returned to Shamym (Heaven) (**John 16:1–22**). The Ruach HaQodesh would be their Counselor and the One to fill them with divine power and joy (**Acts 13:52; 1 Thessalonians 1:6; Romans 14:17; 15:13**).

“A little while, and you will not see Me; and again a little while, and you will see Me, because I go to the Father.” The disciples didn’t understand that the arrest of Yahusha was very near, and then His crucifixion would follow. Yet because He must go to the Father, they would see Him again as He rose from the dead. When the short interval between His death and resurrection had elapsed, then they should see Him with their bodily eyes.”

Before Mashiach’s death, the disciples could speak directly to Yahusha and ask Him questions. After His resurrection and ascension, they would pray to the Father in His name, through the Ruach HaQodesh: “In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full” (**John 16:23–24**). With these words, Yahusha presented the great promise and privilege of spending time with the Father in prayer.

You will be sorrowful, but your sorrow will be turned into joy: Yahusha knew they would be plunged into deep and dark sorrow. He also knew that Yahuah would, by His power and grace, turn their sorrow into joy.

i. The words, you will be sorrowful were certainly true.

- Sorrowful at the loss of relationship.
- Sorrowful at the humiliation of their Master and Mashiach.
- Sorrowful at the seeming victory of His enemies.

· Sorrowful because all they hoped for was taken away.

**Joy (Simchah 8057) = Joy, Gladness, Mirth**

Shin (**S**) = Sharp, Press, Eat, Consume

Mem (**M**) = Chaos, Mighty, Blood

Heth (**CH**) = Outside, Divide, Half, Tent Wall, Fence, Separation

He (**AH**) = Look, Reveal, Breath, Sigh

The Greek word for “joy” (*chara*) in **John 16:24** usually expresses an emotion of “sorrow-turned-into-joy.” The joy that follows great sorrow is a heightened feeling of gladness because of the extreme contrast of emotions. It is the joy of the caring shepherd who finds his one lost sheep (**Luke 15:1–7**), the joy of the woman who finds her lost coin (**Luke 15:8–10**), and the joy of the father whose lost son returns home (**Luke 15:11–32**).

The disciples would weep over Mashiach’s death and be distraught for a little while. But after the resurrection, “Your grief will suddenly turn to wonderful joy” (**John 16:20**), explained Yahusha, because “I will see you again; then you will rejoice, and no one can rob you of that joy” (**John 16:22**). Yahusha compared the kind of joy they would experience to that of “a woman suffering the pains of labor. When her child is born, her anguish gives way to joy because she has brought a new baby into the world” (**John 16:21**).

The “fullness of joy” is a theme in Yahukanon (John)’s writing (**1 John 1:4**). He frequently stresses that Yahusha calls His followers into a life of joy. When Yahusha taught about abiding in Him and obeying the Father’s commands, He said, “These things I have spoken to you, that my joy may be in you, and that your joy may be full” (**John 15:11**). Before His arrest, Yahusha prayed to the Father, saying, “I am coming to you now, but I say

these things while I am still in the world, so that they may have the full measure of my joy within them” (**John 17:13**).

That your joy may be full expresses a complete kind of joy—the utmost measure of joy. The Ruach HaQodesh brings the fullness of joy to believers, giving them an inner sense of well-being, good fortune, shalom, and happiness that is not dependent on external circumstances (see **2 Corinthians 7:4; Philippians 2:17; Colossians 1:24**). This is the same “great joy” promised by the malakym (angels) at the birth of Yahusha (**Luke 2:10**). This joy comes to all who experience a right relationship with Yahuah through Yahusha HaMashiach (**Psalms 13:5; Romans 14:17; Philippians 4:4; 1 Peter 1:8–9**).

Joy is the fruit of a Ruach-filled life (**Galatians 5:22**). Even when persecution and troubles come, those who “walk by the Ruach” (**Galatians 5:16**), are “led by the Ruach” (**Galatians 5:18**), “live by the Ruach,” and “keep in step with the Ruach” (**Galatians 5:25**) and can “rejoice and be glad” for their reward in Shamym (Heaven) will be great (**Matthew 5:12**). Like Shaul (Paul), “We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation” (**Romans 5:3–4**).

**Romans 15:13** May the Alahym of hope fill you with all joy and shalom (peace) in believing, so that by the power of the Ruach HaQodesh you may abound in hope.

**Psalms 16:11** You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

**Galatians 5:22-23** But the fruit of the Ruach is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no turah \*law).

**Proverbs 17:22** A joyful heart is good medicine, but a crushed Ruach dries up the bones.

**Romans 14:17** For the kingdom of Alahym is not a matter of eating and drinking but of righteousness and shalom (peace) and joy in the Ruach HaQodesh.

**John 15:11** These things I have spoken to you, that my joy may be in you, and that your joy may be full.

**Psalm 30:5** For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

**Nehemiah 8:10** Then he said to them, “Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is Qodesh to our Adoni. And do not be grieved, for the joy of Yahuah is your strength.”

**1 Peter 1:8-9** Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your Amunah (faith), the salvation of your souls.

**Proverbs 10:28** The hope of the righteous brings joy, but the expectation of the wicked will perish.

**Psalm 5:11** But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you.

**Psalm 71:23** My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed.

**Luke 15:10** Just so, I tell you, there is joy before the malakym (angels) of Yahuah over one sinner who repents.”

Kepha (Peter) witnessed to believers enduring trials and fiery tests of Amunah (faith), but because their trust in Yahuah remained strong, they could “rejoice with a glorious inexpressible joy” (**1 Peter 1:6–8**). James urged, “Count it all joy, my brothers, when you meet trials of various kinds,

for you know that the testing of your Amunah (faith) produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing” (**James 1:2–4**). Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your Amunah (faith) produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Yahusha taught the disciples to ask and receive from the Father “that [their] joy may be full.” He wanted them to understand that they were complete and lacked nothing in the security of the Father’s grip. They had already been given the best Gift ever—the Son—and the Father would continue to give good gifts: “He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?” (**Romans 8:32**). The disciples would experience the full measure of joy because of their fellowship with Yahuah—a relationship made possible through the death and resurrection of Yahusha Mashiach by the power of the Ruach HaQodesh. Yahusha continues to comfort us during times of trouble, reminding us of the joy we can experience if we keep our eyes on Him, “the founder and perfecter of our Amunah (faith), who for the joy that was set before him endured the stake, despising the shame, and is seated at the right hand of the throne of Yahuah” (**Hebrews 12:2**)