

School of Jubilee
DWELL - Session 1 – Class 11
Teacher: Steve Dittmar

A Continual Feast in Christ

Re-activating Our Joy and Peace When We Lose It

Proverbs 15:13 A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.

Proverbs 15:15 All the days of the afflicted are evil, But he who is of a merry heart has a continual feast.

Proverbs 17:22 A merry heart does good, like medicine, But a broken spirit dries the bones.

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

John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

My Story of Song of Solomon- Through reading over and over again, out loud as one would read a play, becoming the actors in the play, in five months the book became alive like a play.

Permission to Rejoice, Pray, and Give Thanks

1 Thessalonians 5:16-18 ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.

Psalms 69:29-33 But I am poor and sorrowful; Let Your salvation, O God, set me up on high. ³⁰ I will praise the name of God with a song, And will magnify Him with thanksgiving. ³¹ This also shall please the LORD better than an ox or bull, Which has horns and hooves. ³² The humble shall see this and be glad; And you who seek God, your hearts shall live. ³³ For the LORD hears the poor, And does not despise His prisoners.

Hebrews 1:8-10 ⁸ But to the Son He says: “Your throne, O God, is forever and ever; A scepter of righteousness is the scepter of Your kingdom. ⁹ You have loved righteousness and hated lawlessness; Therefore God, Your God, has anointed You With the oil of gladness more than Your companions.” ¹⁰ And: “You, LORD, in the beginning laid the foundation of the earth, And the heavens are the work of Your hands.