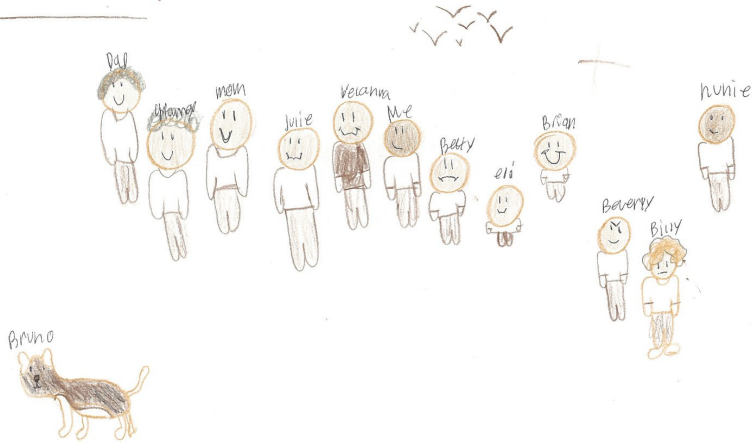


Your heavenly dad wants you to be filled with joy

Pictures Manes family(Betty then Brianna)



Brianna.M



*This is the day the LORD has made; let us rejoice and be glad in it.* Psalm 118:24

*If we don't rejoice today, we will not rejoice at all. If we wait until conditions are perfect, we will still be waiting when we die. If we are going to rejoice, it must be this day. This is the day the Lord has made.* John Ortberg

## **1) The "Why Settle For Less" principle**

"Overflowing joy" 2 Corinthians 8:2

"Complete joy" Deuteronomy 16:15

"Great joy" Nehemiah 8:12

"Joy that gives us strength" Nehemiah 8:10

"Jump out of your socks joy" Psalm 28:7 "My heart leaps for joy and I will give thanks to him in song."

"Everlasting joy" Isaiah 51:11

"Joy that knows no bounds" 2 Corinthians 7:4

## **2) The "Circumstantial Evidence" principle**

*And now, brothers, we want you to know about the grace that God has given the Macedonian churches. Out of the*

*most severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. 2 Corinthians 8:1,2*

*You sympathized with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. Hebrews 10:34*

### 3) The “Party Proximity” principle

*You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. Psalm 16:11*

*They ate and drank with great joy in the presence of the LORD that day. I Chronicles 29:22*

*You have made known to me the paths of life; you will fill me with joy in your presence. Acts 2:28*

*The prospect of the righteous is joy, but the hopes of the wicked come to nothing. Proverbs 10:28*

*Light shines on the godly, and joy on those whose hearts are right Psalm 97:11*

*You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, Psalm 30:11*

*I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow. Jeremiah 31:13*

### Action steps

1. Find a joy mentor.
2. Make finding joy a daily discipline

*Because Children have abounding vitality , because they are in spirit fierce and free, therefore they want things repeated and unchanged. They always say, "Do it again;" and the grown up person does it again and again until he is nearly dead. For grown up people are not strong enough to exult in monotony. But perhaps God is strong enough to exult in monotony. It is possible that God says every morning, "Do it again" to the sun; and every evening "Do it again" to the moon. It may not be automatic necessity that makes all daises alike. It may be that God makes every daisy separately, but has never got tired of making them. It may be that He has the eternal appetite of infancy; for we have sinned and grown old and our Father is younger than we. CK Chesterton*

*Pain is inevitable but misery is optional. We cannot avoid pain, but we can avoid joy. God has given us such immense freedom that he will allow us to be as miserable as we want to be. I am convinced that if you have to move even ten inches from where you are now in order to be happy, you never will be. Tim Hansel.*