

Find Your Joy

Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

What is Joy?

- Joy is more than a feeling... it is more than an emotion.
- Joy is a Positive Human condition that can be either feeling or action. The Bible uses joy in both senses:
 - Joy as a Feeling
 - The shepherd had joy when he found his lost sheep
 - The disciples had joy when they realized Jesus had risen from the dead
 - Joy is an Action
 - Jesus said rejoice when you are persecuted for my names sake because great is your reward in heaven (Mt 5:12). Find your joy in midst of persecution
 - James says count it all joy when you are facing challenging trials of various kinds because God is accomplishing something great in you (James 1:2). Find your Joy when life get tough situations of life.
 - Paul says “Rejoice always, pray without ceasing, give thanks in all circumstances” (1Thess 5:16-18) what a great verse for encourage you during your 21 days of prayer and fasting

I want to talk to you about the Action of Joy

There are some deep things in the Spirit that are waiting for you but you have to search for them... You have to find them... and The Joy of the Lord is one of these things.

- Joy is a choice.
- Joy is more than a feeling. It is an intentional focus that leads us toward the right feeling.
- Joy is a **courageous** choice in the face of all kinds of challenging emotions.

- Rejoice in the Lord always and again I say rejoice (Phil 4:4)

Philippians = One of the Overriding Message is **Joy Under Pressure**

1. He begins the letter telling them how he is praying for the Philippi believers with joy (1:4-5).
2. He rejoices that Christ is preached --- no matter how hateful the preachers are to him (1:18).
3. He repeats his statement again, I will find joy in Jesus being preached (1:18).
4. He is rejoicing in the expectation that his hardship is only temporary (1:18-19).

5. He promises to continue with them so they will find their joy in the faith walk (1:25).
6. He finds joy increasing in knowing that the believers are unified (2:2).
7. He finds joy by reminding himself that his ministry is not in vain (2:17).
8. He encourages the believers to be glad (2:18).
9. He instructs them to rejoice with him (2:18)
10. He instructs them to welcome a mutual friend with joy (2:29).

Finding Your Joy

Find your Joy in Healthy Relationships

Phil. 1:1-5 "Paul and Timothy, servants of Christ Jesus, To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons: **2** Grace and peace to you from God our Father and the Lord Jesus Christ. **3** I thank my God every time I remember you. **4** In all my prayers for all of you, I always pray with joy **5** because of your partnership in the gospel from the first day until now..."

Find your joy in the good work that God is doing in you.

v. 6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Make a List:

- LIST ONE
 - List all the godly people in your life who have encouraged you and supported you in your Christian walk.
 - Add to that list of the answered prayers and positive things God has graciously done for you and given you.
 - Make a list of the growth you have seen in your life and how God has used you to help others.
- LIST TWO
 - List all the negative things that have happened to you since you were a child.
 - Make a list of every person who has hurt you or betrayed you.
 - Add all your disappointments with your church life and church people.
 - Every unanswered prayer.

Then take the 2 lists and make a decision! Put one away and tape the other to the mirror.

The story you tell yourself will determine the Level of Joy you Have This year

Phil 4:8 NIV Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy— (*Put them on your Mirror and*) think about such things.

God can use the challenges of my life to do wonderful things which are disproportionate to who I naturally am.

v. 12 Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. **13** As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. **14** And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear