

THE SECRET OF A JOYOUS HEART
Finding Joy -- Part 2
June 12, 2016

John 16:33 (NKJV) *"In the world you will have tribulation; but be of good cheer, I have overcome the world."*

John 17:13 (NIV) *"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."*

**Joy is not dependent on your circumstances,
but on your CONNECTION to a joyous God.**

WHY SHOULD YOU PURSUE JOY?

1. God is the most JOYOUS being in the universe.

Psalms 16:11 (NIV) *"You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand."*

2. God designed you to EXPERIENCE joy.

Nehemiah 8:10b (NIV) *"This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."*

3. God wants you to find your joy IN HIM.

Psalms 40:16a (NLT) *"But may all who search for You be filled with joy and gladness in You."*

Luke 2:10-11 (NIV) *"But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people. 11 Today in the town of David a Savior has been born to you; He is the Messiah, the Lord.'"*

Matthew 25:23 (NCV) *"The master answered, 'You did well. You are a good and loyal servant. Because you were loyal with small things, I will let you care for much greater things. Come and share my joy with me.'"*

4. God is DISHONORED when you live without joy.

Philippians 4:4 (NLT) *"Always be full of joy in the Lord. I say it again—rejoice!"*

HOW CAN YOU PRACTICE JOY?

1. THANK God for what He's done for you.

Psalm 126:3 (NIV) *"The LORD has done great things for us, and we are filled with joy."*

Romans 5:11 (TLB) *"Now we rejoice in our wonderful new relationship with God--all because of what our Lord Jesus Christ has done in dying for our sins--making us friends of God."*

2. CELEBRATE God's goodness.

Deuteronomy 16:14a&15 (NIV) *"Be joyful at your festival... ¹⁵ For seven days celebrate the festival to the Lord your God at the place the Lord will choose. For the Lord your God will bless you in all your harvest and in all the work of your hands, and your joy will be complete."*

3. SMILE and LAUGH often.

Proverbs 15:30a (NLT) *"A cheerful look brings joy to the heart."*

4. SING your praise to the Lord.

Psalm 98:4-6 (NIV) *"Shout for joy to the Lord, all the earth, burst into jubilant song with music; ⁵ make music to the Lord with the harp, with the harp and the sound of singing, ⁶ with trumpets and the blast of the ram's horn—shout for joy before the Lord, the King."*

5. THINK positively.

Philippians 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—think about such things."*

6. REFLECT the Fruit of the Spirit.

Galatians 5:22-23 (NIV) *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law."*

Psalm 118:24 (NASB) *"This is the day which the Lord has made; Let us rejoice and be glad in it."*