



THIS JOY THAT I HAVE

Galatians 5:22-23

JOY

Joy (chara)-An inner rejoicing that abides despite outer circumstances. It is a deep and nourishing satisfaction that continues even when a life situation seems empty and unsatisfying. To be joyless is to dishonor God and to deny His love and His control.

JOY IS NECESSARY

● Joy makes us **RESILIENT**

We are guaranteed setbacks. But joy is the discipline that helps us come back stronger than ever. And in times when setbacks appear to be more frequent, this is exactly what we need. Joy gives us the strength to keep showing up, even when times were hard. In short, joy helps us bounce back.

● Joy makes us **RESISTANT**

If resilience is bouncing back from disturbances, resistance is about being immune to disturbances. Yes, we will have experiences that shatter us. That's where resiliency comes into play. But resistance is about never falling victim to the matters that *shouldn't* shatter us.

● Joy makes us **HEALTHY**

In 2018, the life expectancy in America dropped for the second year in a row. In a surprising statement from Dr. Steven Woolf, a co-author of this report, there were two causes of this drop: the opioid crisis and despair. Despair in the United States was large enough to drop the life expectancy of the entire nation. Despair, in Dr. Steven Woolf's mind, were deaths caused by drugs, alcohol, suicides, etc. The unhappiness of today's society is literally killing us. On the other side of despair, there's joy. Joy makes us healthy, both emotionally and physically.

JOY STEALERS

- Unfavorable Circumstances-**Romans 5:3-5**
- Unconfessed Sin-**Psalms 51:12, Psalms 32:3-4**
- Misplaced Confidence-**Philippians 3:1**
- Frustration of God's Timing-**Psalms 40**

BIBLICAL EXAMPLES OF JOY

- Jesus-**John 15:11**
- Habakkuk-**Habakkuk 3:17-19**
- Nehemiah-**Nehemiah 8:10**

PERSONAL RESOLVES FOR SPIRITUAL JOY

- I MUST RESOLVE THAT I WILL NOT ALLOW MY CIRCUMSTANCES TO QUESTION GOD'S FAITHFULNESS-**Job 1:21**
- I MUST RESOLVE THAT GOD IS SOVEREIGN-Psalms 100:3
- I MUST RESOLVE TO FIND SOME GOOD IN EVERY BAD SITUATION-James 1:2-4, Romans 8:28