



Return to Joy

The Bible _____ us to rejoice!

- Old Testament festivals
- Philippians 4:4
- Joy is one of the _____ of the Spirit.
- "It is God's _____ for you in Jesus Christ!" (1 Thess 5:16-18)

Our _____ desires joy more than anything else.

Joy is that feeling that we get we someone looks at us and they're _____ to _____ us. —Jim Wilder

The Benefits of Joy

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

—Proverbs 17:22

- Joy helps us _____ clearly.
- Joy increases the quality of our _____.
- Joy increases our _____ and _____ health.
- Joy increases our _____ and helps us learn and grow.
- Joy helps us _____ in suffering.

Pseudo-Joys

- _____
- _____
- Internet self-justification
- Alcohol and _____
- _____

Knowing your default brain state:

1. Find a quiet comfortable place.
2. Focus on Jesus, read a Psalm, or pray.
3. Can you focus on this for 5 minutes without...
 - Worry creeping in?
 - Shame or a sense of unworthiness to be with God?
 - Rehearsing an argument?
 - Etc?

Returning to Joy

You can't get joy by trying to be _____.

2 Keys:

1. _____ is the on-ramp to joy!”

Keep a gratitude _____.

- Write a letter of thanks to God at the end of the day. Imagine (and write) God's response.
- Name 10 experience you've had with God in the past. 2-3 times per day, remember those times for 5-10 minutes.

_____ is gratitude.

2. _____ Relationships

- Make time to be with people you _____.
- Refuse to see people as _____.
- Bring joy to _____.

Cultivate a joyful relationship with God!

“You make me happy with joy with your face.” (Psalm 16:11 ESV)