

True joy

1. Would you say you have true joy in your life?
2. If yes, what is it based upon?

Romans 14:17

¹⁷ for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

The source of true joy

1. Jesus

John 15:11

These things I have spoken to you, that My joy may remain in you, and that your joy may be full.

Ps.51:12

Restore to me the joy of Your salvation, And uphold me by Your generous Spirit.

2. God the Father

Ps. 43:4

Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God.

3. The Holy Spirit

Ps. 16:11

You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

7 Joy characteristics:

1. The joy of the Lord is my strength

Neh.8:10

Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength."

Scientists have been studying the effect of laughter on human beings and have found, among other things, that laughter has a profound and instantaneous effect on virtually every important organ in the human body. Laughter reduces health-sapping tensions and relaxes the tissues as well as exercising the most vital organs. It is said that laughter, even when forced, results in beneficial effect on us, both mentally and physically. Next time you feel nervous and jittery, indulge in a good laugh.

2. Joy is a fruit of the Spirit

Gal.5:22

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,²³ gentleness, self-control. Against such there is no law.

Charles H. Spurgeon, was emphasizing to his class the importance of making the facial expression harmonize with the speech. "When you speak of Heaven," he said, "let your face light up, let it be irradiated with a heavenly gleam, let your eyes shine with reflected glory. But when you speak of Hell—well, then your ordinary face will do."

3. It's a sacrifice

Ps.27:6

And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD.

4. Joy is a reward of good stewardship

Matt.25:23

His lord said to him, 'Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.'

5. To see God at work brings joy.

Acts 8:4-8

Therefore those who were scattered went everywhere preaching the word.⁵ Then Philip went down to the city of Samaria and preached Christ to them.⁶ And the multitudes with one accord heeded the things spoken by Philip, hearing and seeing the miracles which he did.⁷ For unclean spirits, crying with a loud voice, came out of many who were possessed; and many who were paralyzed and lame were healed.⁸ And there was great joy in that city.

6. Making a disciple brings joy.

Phil.4:1

Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.

7. Consider trials as joy

James 1:2-4

My brethren, count it all joy when you fall into various trials,³ knowing that the testing of your faith produces patience.⁴ But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

False joy is based on:

1. **Something**: Material possessions & bank balance
2. **Someone**: Personal status or position, other people.

True joy gets stolen through:

1. Disobedience (sin)
2. Neglecting my relationship with God.

2 Corinthians 2:15

¹⁵ *For we are to God the fragrance of Christ among those who are being saved and among those who are perishing.*

- Whether pleasant or unpleasant – you’ve got a flavour!
- Joy is critical in reaching the lost!

Ps.96:7-9

Give to the LORD, O families of the peoples, Give to the LORD glory and strength. Give to the LORD the glory due His name; Bring an offering, and come into His courts. Oh, worship the LORD in the beauty of holiness! Tremble before Him, all the earth.

“I envision passionate families, worshipping the Lord together, being filled with joy as they reach out to lost and hurting families who are in need of hope and in a desperate search for the meaning of life.”

- You’re an ambassador for God’s Kingdom – please don’t walk around looking like an ambassador for a funeral home - do it with a smile on your face!
- Have I built my joy foundation on the wrong stuff? Repent and start building over!