

Recover Your Joy

Wednesday, 12 March 2014 10:33 pm

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1. Introduction

Prov.17:22 Merry heart does good like a medicine

Prov.15:15 Merry heart has a continual feast

How long since you felt joy...experienced deep joy and satisfaction of being in the flow of Gods presence and favour?

People today looking to find happiness, struggle with anger, anxiety, depression

There is a noticeable lack of joy....manifest on countenance, attitude

What is Joy?

Bible: Glee, rejoicing, pleasure, gladness, delight,

Definition: Joy is an inner experience of rejoicing, imparted by the Holy Spirit, that does not depend at all upon what is happening around you, or what you are feeling

Ps.16:11 In your presence is fullness of joy

1Pet.1:8 ...yet believing you rejoice with joy unspeakable and full of glory

Ps.35:9. My soul shall be joyful in the Lord, it shall rejoice in His salvation

Ps.89:15 Blessed are the people that know the joyful sound

2. Joy is our inheritance in Christ

Jesus was very joyful. *Heb.1:9 anointed with oil of gladness*

God our Father is joyful. *Zeph.3:17 He will rejoice over you with joy, He will joy over you with singing*

Holy Spirit is joyful *Gal.5:22 Fruit of the Spirit...Joy*

Jesus gives us his joy. *John 15:11 These things i have spoken that my joy might remain in you, and your joy might be full*

Joy is received by faith. *Rom.15:13. Fill you with joy & peace through believing*

Joy is received as a divine exchange...*Is.61: 3 Oil of joy for mourning*

Acts13:52 the disciples were filled with joy and the Holy Spirit

Joy is an evidence of the Kingdom reality ...fruit of **Freedom**

Rom.14:15The Kingdom of God...is righteousness, peace & joy in the Holy Ghost

Luke10:17 The seventy returned with joy

Joy is contagious and attractive

3. Things that Steal your Joy

Many Christians seem to have have little or no joy in their lives...serious

Joy is not lost, it is **stolen** when we leave opening in our life John10:10

John 16:22 Your joy, no man takes from youyou let it go!

Joy cannot be taken without your permission

Don't let **circumstances** steal your joy

Don't let **people** and their behaviours steal your joy by **reacting**

Joy Thieves...Where did you lose it?

a) Your Past

Painful family experiences...rejection, abuse, control

Serious family environment...lack of joy and celebration!

Over responsibility as a child

Performance expectations..pressure,

Religious legalism & control..."You've had enough fun for the day"

Disappointments, failure

Trauma.....this is not the end of your storyHealing is your responsibility

b) Your Present

Culture...passivity, rejection,...NZ culture, religious culture

Unresolved anger

Negative self talk

Bitterness..unresolved disappointment, hurt, offence

Comparison and envy

Ingratitude...taking benefits for granted

Complaining

Gossip

Seeking approval of people

Attachment to circumstances and things

Lack of personal prayer

c) Your future

Anxiety & worry about life

Fear about future, family, finances

4. How to Restore Joy

Ps.51:12 Restore unto me the joy of my salvation

1Sam. 30:8 Pursue..Overtake, Recover all

Joy is a Kingdom experience and lifestyle to **take hold of** and **protect**

Joy is the overflow of the Holy Spirit active in our life

We need to practice **activating personal joy**...drawing near to God

Hab.3:17-18.yet will I rejoice in the Lord, I will joy in the God of my salvation

i) **Make more room for Holy Spirit...Childlike heart of trust**

Start your day surrendering to Holy Spirit...let go control and trust

Acts13:52 And the disciples were filled with joy and the Holy Spirit

ii) **Practice Rejoicing and being Thankful...Celebrate**

Exercise self to notice things to be grateful for

Activate joy by praise and celebration

Don't wait to feel...rejoice in the Lord

Ps.95:1-2, Come let us sing to the Lord, let us shout joyfully to Him

1 Pet.1:8 ...having not seen yet you love. Though you do not see Him yet believing you rejoice with joy unspeakable and full of glory

Make celebrating a way of life

iii) **Forgive offences promptly and bless people**

Let it go!

Matt.5:44 Love your enemies, Bless those who curse you, Do good to those

who hate you, pray for those who despitefully use you

iv) **Break agreement with Joy Thieves....stop it!**

What, Who has been stealing your Joy?

Anger, bitterness, offence, comparison, envy, gossip, complaining,

v) **Simplify life ...Place Gods priorities first in your life ...**

Matt.6:33, Seek first the Kingdom of God and all these things shall be added to you

Rom.14:17 The Kingdom of God is ..righteousness, peace, and joy in the Holy Spirit

vi) **Meditate in the Word of God...Hunger for revelation**

Word of God builds faith and hope, joyful expectation

Jer.15:16 Your words were found and i ate the and your Word was to m,e the joy

and rejoicing of my heart

vii). **Practice being present...focus on enjoying the moment**

Overcome distractions...mobile phone, media, other things

viii) **Relax, be yourself and stop trying to impress, or control, laugh more**

Neh.8:10 The joy of the Lord is your strength

ix). **Establish your value and purpose in Christ...start to dream again**

Jer.31:3 I have loved you with an everlasting love

Eph.2:10 We are His workmanship created in Christ unto good works

x). **Pray Boldly.....consistently, passionately, strongly, believing**

Jam.5:16 The effectual fervent prayer of a righteous man avails much

John16:24 Ask and you shall receive that your joy may be full

RESPONSE:

1. SALVATION

2. RECOVER JOY

Repentance....

Break agreement with a Joy Thief

Fresh filling with the HOLY GHOST