



CHOOSE JOY

PHILIPPIANS 4:1-9

Joy is not dependent upon the circumstances of life.

*Though the fig tree does not bud and there are no grapes on the vines,
though the olive crop fails and the fields produce no food,
though there are no sheep in the pen and no cattle in the stalls,
yet I will rejoice in the LORD, I will be joyful in God my Savior.*

Habakkuk 3:17-18

Joy is a choice!

Rejoice in the Lord always! Again I say, "Rejoice!"

Joy is a thousand choices made day-by-day.

BE IN H (1)

*Therefore, my brothers, you whom I love and long for, my joy and crown,
this is how you should stand firm in the Lord...*

There is a huge difference between r_____ and r_____.

- Religion leads to r_____ -keeping and struggle.
- Relationship involves loving, s_____, and joy.

You can find a degree of h_____ in God's good creation,
but you'll only find lasting joy in a life established in Him.

BE A (2-3)

*I plead with Euodia and I plead with Syntyche to agree with each other in
the Lord. Yes, and I ask you, loyal yokefellow, help these women...*

- Relationships offer us the greatest joys and greatest h_____.
- Choose joy by getting along with others.

If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12:18

BE D (4)

Rejoice in the Lord always. I will say it again: Rejoice!

This is a c_____. Commands imply that you have a d_____ to make.
Will you or will you not choose to rejoice?

BE G (5)

Let your gentleness be evident to all. The Lord is near.

Gentleness is h_____ and patient.

Gentleness is the opposite of curt, blunt, or a_____.

Gentleness exercises r_____ especially in speech.

Gentleness is a "bent of character that controls our capacity for rage
and activates our capacity to love."

Maxie Dunnam

BE C (6)

Do not be anxious about anything...

Jesus said, "I tell you, do not worry..."

Matthew 6:25

The word *anxious* means "to pull a_____." Worry destroys joy!

According to a 2009 Gallup Poll, "Well over a third (37%) of those in their
40s report having experienced worry 'a lot of the day yesterday.'"

BE P (6-7)

*...but in everything, by prayer and petition, with thanksgiving, present
your requests to God. And the peace of God, which transcends all
understanding, will guard your hearts and your minds in Christ Jesus.*

Prayer is the a_____ for the poison of worry.

Prayer produces p_____ that will guard your h_____ (emotions) and
your m_____ (your thought processes).

Prayer takes our focus off our worries and r_____ us on the God
who can handle our every concern.

BE P (8)

*Finally, brothers, 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.*

GIGO = Garbage In Garbage Out.

If you look at, read, and l_____ to trash, soon you'll begin to feel like trash.

You are what you t_____. Think on good things.

You can control your thinking:

*We demolish arguments and every pretension that sets itself up against
the knowledge of God, and we take captive every thought to make it
obedient to Christ.*

2 Corinthians 10:5

BE D (9)

*Whatever you have learned or received or heard from me, or seen in
me—put it into practice. And the God of peace will be with you.*

A weekend m_____ won't give you lasting joy.

K_____ won't give you joy. You've got to put it into p_____.

You've got to start living Paul's p_____ if you want to experience joy.

NEXT STEPS

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