



- Joy is produced by the **Holy Spirit** within us.

...the Holy Spirit produces this kind of fruit in our lives: love, **joy**, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control... Galatians 5:22-23

Always be full of joy in the Lord; I say it again, rejoice! Let everyone see that you are unselfish and considerate in all you do. Remember that the Lord is coming soon. Philippians 4:4-5 (NLT)

Joy is important because:

- Joy affects how we **treat** others.

...Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Philippians 4:4-5 (MSG)

- Joy expects Jesus to **return** at any time.

- Joy accepts that God is in **control** of everything I face.

What it means to be full of Joy:

- You can choose your **attitude** in all circumstances.

...Don't be dejected and sad, the joy of the Lord is our strength... Nehemiah 8:10 (NLT)

The Difference between Happiness and Joy:

- Happiness is based on the **conditions** around us, joy is based on **Christ** within us.

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls. 1 Peter 1:8-9 (NIV)

We Need to choose the perspective:

Something **good** must come out of this, because **God** is involved in this.

My dear, dear friends! I love you so much. I do want the very best for you. You make me feel such joy, fill me with such pride. Don't waver. Stay on track, steady in God. Philippians 4:1 (MSG)

Paul says:

- **Don't let worry into your life.**

Don't worry about anything... Philippians 4:6 (NLT)

The dangers of worry:

- Worry changes our **outlook** on life.

- Worry changes our viewpoint on **God**.

- Worry **imagines** a scenario in our future without God's presences, power and protection.

- The thoughts we allow become the **behavior** of our lives.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think... Romans 12:2 (NLT)

You can't have a positive **life** with negative **thoughts**.

"If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is **life and peace**." Romans 8:6 (NLT)

(for the weapons of our warfare are not of the flesh, but mighty before God to the casting down of strongholds); casting down **imagination**s, and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ... 2 Corinthians 10:4-5 (ASV)

If you want to stop worrying:

- **Pray** about **everything** that concerns you.

Don't worry about anything; instead, pray about everything. Tell God what you need... Philippians 4:6a (NLT)

- **Thank** Him for everything He's already **done**.

...Tell God what you need, and thank him for all he has done. Philippians 4:6b (NLT)

- **Focus** your thoughts.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. Think about things that are **excellent** and **worthy of praise**. Philippians 4:8

... I'd say you'll do best by filling your minds and meditating on things true, noble... Philippians 4:8 (MSG)

Daily choices that change our thoughts:

- I must feed my mind on God's **truth**.

"People need more than bread for their life; they must feed on every WORD OF GOD." Matthew 4:4 (NLT)

"Even in the darkest of night, your teachings fill my mind." Psalm.16:7(CEV)

- I must free my mind of **destructive** thoughts.

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 (NLT)

- I must focus my mind on the **right** things.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. Think about things that are **excellent** and **worthy of praise**. Philippians 4:8
Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6b-7



TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- How important is joy in our lives?
- How is your worry level? What do you think Paul means when he says: "Don't worry about anything"?
- How does worry change our outlook on life and God?
- Do you find that Jesus' return fills you with joy? Explain.
- Does it remove worry in your life when you realize that God is in charge? Why?
- Do you believe that God is involved in everything in your life? How does that affect your level of worry?
- How important are our thoughts if we want to experience God's joy?
- Do you find that prayer removes your worries? Explain.
- In your experience, does being thankful remove worry and establish joy? Explain.
- In your own words, how is Paul instructing us to think according to Philippians 4:8?
- What are some truths you need to meditate on?
- What are some destructive thoughts you need to eliminate?

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