



## WEEK 1 // JOY

### Philippians 4 Gives Us Answers . . .

- 4 **JOY.**
- 4 **ANXIETY.**
- 4 **PEACE.**
- 4 **PROVISION.**

**Philippians 4:1-5 (NIV)** Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends! <sup>2</sup> I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. <sup>3</sup> Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life. <sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near.

### How Do We Live With Joy ?

**Plant Your Feet On JESUS (v.1).**

**Embrace The UNITY Of Jesus And Reject The Division Of Our Enemy (v.2-3).**

**Remember Joy Is A CHOICE (v.4).**

**Let What You Believe Translate To The Way You BEHAVE (v.5).**

### Joy Killers . . .

**Unbalanced SCHEDULE.**

**Unused TALENTS.**

**Unconfessed SIN.**

**Unresolved CONFLICT.**

### How To Recover My Joy . . .

**Admit I've LOST IT.**

**Psalm 51:12 (NLT)** Restore to me the joy of your salvation, and make me willing to obey you.

**Analyze The CAUSE.**

**Galatians 6:4 (NKJV)** But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

**Correct What's WRONG.**

**John 15:10-11 (NLT)** When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. <sup>11</sup> I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!

**Spend Time WITH JESUS Everyday.**

**Jeremiah 15:16 (NLT)** When I discovered your words, I devoured them. They are my joy and my heart's delight, for I bear your name, O LORD God of Heaven's Armies.

**Psalm 126:3 (NLT)** Yes, the LORD has done amazing things for us! What joy!