

Today's Theme  
**“Lasting Joy 4U”**

Series Title  
**“Finding Joy In Life” Part 14**

October 31, 2021

**Lasting Joy Defined**

**1. Know where LJ comes from.**

Phil 3:1 Further, my brothers and sisters, rejoice in the Lord!

(1) Joy is *different* than happiness.

Rom 15:13 May the God of hope fill you with all joy . . .

(2) Joy comes from *trusting* God.

Rom 15:13 May the God of hope fill you with all joy and peace as you trust in him, . . .

(3) We experience joy to the *degree* we trust God.

**2. Know how LJ benefits my life.**

(1) Lasting joy makes us feel *secure*.

Heb 6:19 We have this hope as an anchor for the soul, firm and secure.

(2) LJ gives us the ability to *handle* hardship.

Heb 12:2 For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

(3) LJ adds stability to our *emotions*.

Ps 16:8 I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. 9 Therefore my heart is glad and my tongue rejoices; my body also will rest secure, 10 because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. 11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

**3. Know how to *maintain* LJ.**

(1) *Reflect* on God's word regularly.

Jeremiah 15:16 When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, Lord God Almighty.

(2) Worship the Lord through *singing*.

Luke 24:52 Then they worshiped him and returned to Jerusalem with great joy.

(3) Build the habit of practicing *peacemaking*.

Prov 12:20 Deceit is in the hearts of those who plot evil, but those who promote peace have joy.

(4) Develop *encouraging* relationships.

Proverbs 15:23 A person finds joy in giving an apt reply—and how good is a timely word!

(5) *Invest* our life in ministry towards others.

1 Thess 2:19 For what is our hope, our joy, or the crown in which we will glory in the presence of our Lord Jesus when he comes? Is it not you?

**4. Know how LJ is *lost*.**

(1) When we experience *unresolved* sin.

Psalms 32:1 Blessed is the one whose transgressions are forgiven, whose sins are covered.

(2) When we *misplace* our trust & hope in Jesus.

Phil 3:1 Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you.

(3) When we get *distracted* by the world's values.

Col 2:8 See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.