

## **“THE POWER OF A JOYFUL HEART - Pt.4”**

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*“Guard your heart with all diligence for out of it flow the issues of life”*

Proverbs 4:23

**DEFINITION:** The "joy of the Lord" is a deep, lasting spiritual strength and contentment derived from God's presence, love, and faithfulness rather than outward circumstances. It is the abiding truth that your sins are forgiven and you have eternal life with the Father.

### **GOD'S JOY IS:**

- Continual
- Conspicuous
- Contagious
- Found at Salvation
- Restored with Repentance
- Necessary in winning the Lost
- Sustains you through trials

### **THE JOY OF THE LORD ALSO:**

**Overcomes Sadness:** - Nehemiah 8:10.

**Endures Hardship:** - Acts 16:25

**Rejoices Always:** - Philippians 4:4.

### **Celebrates God's Faithfulness:**

**Lamentations 3:22-24** - Through the Lord's mercies we are not consumed, Because His compassions fail not. <sup>23</sup> They are new every morning; Great is Your faithfulness! <sup>24</sup> "The Lord is my portion," says my soul, "Therefore I hope in Him!"

### **“STEALERS” OF JOY**

- **Overwhelmed Heart**

**Proverbs 12:25** - Anxiety weighs down the heart, but a kind word cheers it up.

**Psalms 42:11** - "Why are you cast down oh my soul"

**Psalm 55:2** - Please listen and answer me, for I am overwhelmed by my troubles.

**Psalm 102** - A prayer of one *overwhelmed with trouble*, pouring out problems before the Lord:

<sup>1</sup> Lord, hear my prayer! Listen to my plea! <sup>2</sup> Don't turn away from me in my time of distress.  
Bend down to listen, and answer me quickly when I call to You.

- **Bitter Heart**

**Ephesian 4:31** - "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."

**Hebrews 12:15** - "looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled"

**2 Samuel 15** - "Ahithophel"

- **Broken heart**

**Proverbs 15:13** - "A glad heart makes a happy face; a broken heart crushes the spirit."

## DEVELOP DAILY HABITS

### 1. Obedience to God

**John 15:10, 11** - If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup> These things I have spoken to you, that *my joy may be in you*, and *that your joy may be full!*

### 2. Praise

**Psalm 100:1-4** - Make a joyful noise to the Lord, all the earth! <sup>2</sup> Serve the Lord with gladness! Come into his presence with singing! <sup>3</sup> Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. <sup>4</sup> Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

**Psalm 71:23** - My lips will shout for joy, *when* I sing praises to you; my soul also, which you have redeemed.

### 3. Living Content

**Philippians 4:12,13** - I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need <sup>13</sup> I can do all things through Christ who strengthens me.

4. **Focus**

**Hebrews 12:2** - looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

5. **Serving / Giving**

**2 Corinthians 9:7** - The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully.<sup>7</sup> Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver

**CALLED TO BE JOYFUL!**

**Philippians 4:8** - "...meditate on these things"

**James 1:1** - "consider it an opportunity for great joy!"

**1 John 9:1-4** - "that your joy may be full!"

**1 Thessalonians 5:16-18** - <sup>16</sup> Rejoice always, <sup>17</sup> pray without ceasing, <sup>18</sup> in everything give thanks; for this is the will of God in Christ Jesus for you.