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# JOY

Galatians 5:22-23; Various Passages

## Central Point:

- Joy is a focus and not a feeling!
- Nothing destroys joy like comparisons.
- What helps Us Choose Joy:
  - Not focusing on the things of this world.
  - Not focusing on the events of this world.
  - Not focusing on the goods of this world.
  - Have the right people in your life.
  - Spend time in the presence of God.