

LIVING A JOY-FUELED LIFE

## Feelings are FLEETING

Joy is FUELING

# Experiencing JOY

Enduring PAIN

# HEBREWS 12:2

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the JOY awaiting him, he endured the cross, Now he is seated in the place of honor beside God's throne.

#### JAMES 1:2-4

2 ... when troubles of any kind come your way, consider it an opportunity for great JOY. 3 ... when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

# JOY

Jesus enters my pain.

# Pain without purpose is HOPELESS.

Pain with purpose leads to PERFECTION!

# 1. Jesus is AWARE of my pain.

### JOHN 11:1-6

1 A man named Lazarus was sick. He lived in Bethany with his sisters, Mary and Martha. 2 This is the Mary who later poured the expensive perfume on the Lord's feet and wiped them with her hair.

### JOHN 11:1-6

Her brother, Lazarus, was sick. 3 So the two sisters sent a message to Jesus telling him, "Lord, your dear friend is very sick."

#### JOHN 11:1-6

4 But when Jesus heard about it he said, "Lazarus's sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this." 5 So although Jesus loved Martha, Mary, and Lazarus, 6 he stayed where he was for the next two days.

# Two Types of Trauma

1. Type A – Absence of necessity

# Two Types of Trauma

2. Type B - Bad things happened

# Two Types of Trauma

1. Type A – Absence of necessity

2. Type B - Bad things happened

# 2. Jesus CARES about my pain.

# 3. Jesus can REPAIR all my pain.

#### Romans 8:28

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

#### I must become AWARE of Jesus.

Ask Jesus where, what, why Wait for words, pictures, ideas Acknowledge what comes to mind Receive Jesus' affirmation Experience Jesus' Joy