

June 17 & 18, 2017



### Winning the Game When You Are Playing For Keeps

1. Love God
2. Love people
3. Take responsibility
4. Extend forgiveness
5. Pursue joy

Conventional Wisdom about joy:

Success leads to happiness.

Unconventional Wisdom:

Happiness (joyfulness) leads to success.

Philippians 2:17 *But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. 18 So you too should be glad and rejoice with me.*

Philippians 3:1 *Finally, my brothers, 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.*

Philippians 4:4 *Rejoice in the Lord always. I will say it again: Rejoice!*

### Four Things We Cannot Change:

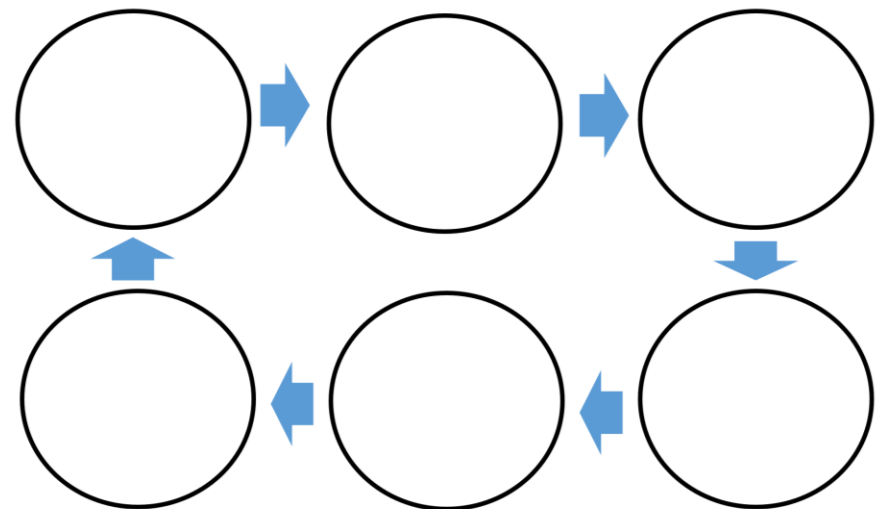
1. Our genes
2. Our past
3. Most of our circumstances
4. Other people

The One Thing We Can Change: My response

### Two Mistakes Everyone Makes:

1. Trying to change the things we cannot
2. Not trying to change the things we can

### The Cycle of Depression:



## 5 Ways to Teach Our Kids to Develop Joy

### 1. Express gratitude

Philippians 1:3 *I thank my God every time I remember you.*  
4 *In all my prayers for all of you, I always pray with joy*  
5 *because of your partnership in the gospel from the first day until now...*

### 2. Focus on your life purpose

Philippians 1:12 *Now I want you to know, brothers, that what has happened to me has really served to advance the gospel.*  
13 *As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.* 14 *Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly.*

Philippians 1:21 *For to me, to live is Christ and to die is gain.*

### 3. Seek and accept support

Philippians 2:22 *But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel.* 23 *I hope, therefore, to send him as soon as I see how things go with me.*

Philippians 2:25 *But I think it is necessary to send back to you Epaphroditus, my brother, fellow worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs.*

### 4. Remember our home is heaven

Philippians 3:20 *But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, 21 who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.*

### 5. Follow the formula: Think Do Feel

Philippians 4:8 *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.* 9 *Whatever you have learned or received or heard from me, or seen in me — put into practice. And the God of peace will be with you.*