

Living the Joy Full Life
Developing Your Joy
Discover Church
Mark Phillips
April 21, 2024

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8 (NLT)

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.” Ephesians 3:20

Developing Your Joy

1. Be **confident** about how God **created you**

“Before I formed you in the womb I knew you, before you were born I set you apart.” Jeremiah 1:5

- Focus on your **God-given strengths**.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33

- Watch Your **Mouth**

“The tongue has the power of life and death, and those who love it will eat its fruit.” Proverbs 18:21

“What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.” Matthew 15:11

- Forgive **Generously**
 - Forgive **others** without exception and really **mean it!**
 - Forgive **yourself** early and often – and **mean it!**

2. Build Your **Emotional** Strength

“The joy of the LORD is your strength.” Nehemiah 8:10

- Where you give your **attention**

“Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness.” Luke 11:34

- Make the **great exchange**
- Don't let **feelings** change the way you act

3. Get rid of the **RATs** = “**really awful thoughts**”

- **Lies**

“It's not a lie if you believe it.” George Costanza

Then you will know the truth, and the truth will set you free.” John 8:32

- **Negative** Emotions

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” Ephesians 6:12

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5

- Practicing **Compassion**
- Embrace **Stress** and **Tension**

“Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.” 1 Peter 5:6-7

- Ask for God's **Help**

“What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.” James 4:1-2

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4. Be _____ about how God _____
- Focus on your _____
 - Watch Your _____
 - Forgive _____
5. Build Your _____ Strength
- Where you give your _____
 - Make the _____
 - Don't let _____ change the way you act
6. Get rid of the _____ = " _____ "
- _____
 - _____ Emotions
 - Practicing _____
 - Embrace _____ and _____
 - Ask for God's _____

Scripture: Philippians 4:8; Ephesians 3:20; Jeremiah 1:5; Matthew 6:33; Proverbs 18:21; Matthew 15:11; Nehemiah 8:10; Luke 11:34; John 8:32; Ephesians 6:12; 2 Corinthians 10:5; 1 Peter 5:6-7; James 4:1-2