

EMOTIONS—4

FEELING LOST IN SADNESS? EXPERIENCE JOY AGAIN

But as he came closer to Jerusalem and saw the city ahead, he began to weep. Luke 19:41 NLT

“O Jerusalem, Jerusalem, the city that kills the prophets and stones God’s messengers! How often I have wanted to gather your children together as a hen protects her chicks beneath her wings, but you wouldn’t let me.” Matthew 23:37 NLT

Three Ways You Can Experience Joy With Jesus

1) Take one step toward your Father.

“When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death!’” Luke 15:17 NIV

“So he got up and went to his father. But while he [the son] was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.” Luke 15:20 NIV

2) Enjoy a relationship instead of just following rules.

“‘My son,’ the father said, ‘you are always with me, and everything I have is yours. ³²But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.’” Luke 15:31-32 NIV

3) Bring someone with you.

TALK IT OVER

Have you noticed yourself walking or drifting away from God? What impact has that had on your life?

Do you ever find yourself just following the rules instead of truly enjoying a relationship with your Father? What would need to change in order for you to enjoy the relationship?

What one step could you take toward your Father this week?

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