

PLAYLIST OF THE DECADES 2000's September 30, 2018

Happy by Pharrell Williams

It might seem crazy what I'm 'bout to say; Sunshine she's here, you can take a break; I'm a hot air balloon that could go to space

With the air, like I don't care baby by the way

Because I'm happy; Clap along if you feel like a room without a roof

Because I'm happy; Clap along if you feel like happiness is the truth

Because I'm happy; Clap along if you know what happiness is to you

Because I'm happy; Clap along if you feel like that's what you wanna do

...can't nothin'; Bring me down; My level is too high to bring me down;
Can't nuthin', bring me down; My level is too high to bring me down
(happy, happy, happy); Can't nuthin' bring me down – I'm happy!!

Ephesians 5:18 Don't be drunk with wine, because that'll ruin your life. Instead, *be filled with the Holy Spirit...*

Galatians 5:16 TPT As you *yield freely & fully to the dynamic life & power of the Holy Spirit*, you'll abandon the cravings of your self-life...

22-23 The fruit produced by the Holy Spirit within you is: divine love in all its varied expressions, *joy that overflows (MSG- exuberance about life)*, peace *that subdues*, patience *that endures*, kindness *in action*, a life full of virtue, faith *that prevails*, gentleness *of heart*, & strength *of spirit*. Never set the law above these qualities, they're meant to be limitless.

THE SPIRIT OF JOY

Joy flows out of the Holy Spirit. Joy is spiritual, a gift from God. A result of being filled with the Holy Spirit.

Happy is an emotion. Happiness comes & goes.

The world is selling happiness, Jesus is selling joy!

John 15:11 I've told you these things so that you'll be filled with My joy. (My joy may remain in you) Yes, your joy will overflow!

Our flesh is always seeking happy, mostly in the wrong places. We get married or pursue a certain career because we hope for happy. We divorce & change careers hoping for happy. We commit sexual immorality or go after material possessions...all for happy.

Romans 15:13 I pray that God, the source of hope, will fill you completely with joy & peace because you trust in Him. Then you'll overflow with confident hope through the power of the Holy Spirit.

Rather than discouraging us from seeking joy, the Bible exhorts us to seek it, but to seek it in the right place. God Himself is the source of all joy. If we seek joy in God, we'll find internal joy & eternal joy.

Psalms 5:11 Let all who take refuge (trust) in You rejoice; let them sing(shout) joyful praises forever. Spread Your protection over them, that all who love Your name may be filled with joy. (be joyful in You)

Philippians 4:4 Always be full of joy in the Lord. I say it again—rejoice!

*Every blessing He gives, every delight to our senses; the taste of food, the beauty of creation or the sounds of birds chirping, should cause us to **rejoice** in the presence of our God.*

Nehemiah 8:10b "Go & celebrate with a feast of rich foods & sweet drinks, & share gifts of food with people who have nothing prepared. This is a sacred day before our Lord. Don't be dejected & sad (do not sorrow), for the joy of the Lord is your strength!"

A spirit of joy means: we have/keep passion, energy, excitement, & life. Without the energy of the Holy Spirit, it's just shallow, emotional hype.

Acts 13:52 The believers were filled with *joy* & with *the Holy Spirit*.”

2 WAYS OF LIVING IN A SPIRIT OF JOY

1. Live in joy by continually knowing & cultivating God’s presence.

Psalm 16:11 NKJV You’ll show me the path of life; *In Your presence* is fullness of joy; At Your right hand *are* pleasures forevermore.

*Jesus always lived in God’s presence; always aware of His Father.
Cultivating a sense of God’s presence is key to experiencing His joy.*

When we go through trials, we don’t lose our joy, ‘cause God’s with us.

God wants us to be growing in His joy in all situations.

James 1:2 when troubles of any kind come your way, consider it an opportunity for great joy. (count it all joy) 3 For you know that when your faith is tested, your endurance has a chance to grow.

Jesus’ life was full of joy. He went through some great pain & sorrow, especially as He bore our sins on the cross, & yet full of the Holy Spirit.

Hebrews 12:2b *Because of the joy awaiting Him*, He endured the cross, disregarding its shame. Now He’s seated in the place of honor beside God’s throne.

The cross wasn’t joyful, but there was great joy ahead. Biblical joy is the foundation that sustains us through times of challenge, sorrow or grief.

Mother Teresa, a relentless servant of God to Calcutta, India. People often said that she was **“full of sorrow & full of joy.”**

Is it really possible for a heart to be filled with sorrow & joy?

One time the apostles of Jesus were arrested, beaten, and released.

Acts 5:40 ...They called in the apostles & had them flogged. Then they ordered them to never speak in the name of Jesus & they let them go. 41 The apostles left the high council *rejoicing that God had counted them worthy to suffer disgrace for the name of Jesus.* 42 Every day, in the Temple & from house to house, they continued to teach & preach this message: "Jesus is the Messiah."

Rom 12:15 NKJV Rejoice with those who rejoice; weep with those who weep

We all want to be like that. We long to be happy in God, but we also long to care deeply for hurting people that we "deny ourselves" to help them. We want people to look into our face & see it full of joy & sorrow.

2. Live in joy by being conformed to God's holiness.

Hebrews 1:9 You love justice & hate evil. So, Your God has anointed You, pouring out the *oil of joy* on You...

Jesus is called God's "Holy One." He was without sin & hates evil. Satan makes us think that real joy is found in sin, & holiness is boring. God's Word teaches that holiness & joy are bound together. Sin may give momentary pleasures, but it always leads to destruction. David sinned with Bathsheba & was miserable until he repented & prayed

Psalms 51:12 "Restore to me the joy of Your salvation"

If you're lacking God's joy, examine your heart; are you entertaining any known sin? Repent & ask God to restore to you the joy of His salvation.

We should seek Him daily, asking Him for fullness of His joy that comes with our salvation. Don't rest until the Lord fills you with His joy.

***God desires you to be full of His joy; joy that you'll only find in Him. Seek after it, & don't rest until you enjoy a good measure of it! As you grow in God's joy, He'll be loved through your life & so will others!*