

“How to Build Joy in Your Life”  
Advent and Christmas Series  
Sunday, December 27, 2015  
Dr. Janet Cook, Senior Pastor  
© 2015 Prayers Ministries, dba River of Life Community Church

Note: Unless otherwise indicated, all Scriptures are from the NIV Bible.

Psalm 16:11 – “Thou wilt show me the path of life: In thy presence is fullness of joy; In thy right hand there are pleasures for evermore.” (ASV)

**1. Recognize God as joyful.**

Zephaniah 3:17 I had to read it several times because it was such a new thought for me. Listen to how God feels about you: “The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.”

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

**2. Rehearse God’s attributes in worship.**

Psalm 66:1-4 “Shout with joy to God, all the earth! Sing the glory of his name; make his praise glorious! Say to God, ‘How awesome are your deeds! So great is your power that your enemies cringe before you. All the earth bows down to you; they sing praise to you, they sing praise to your name.’”

- We make room in our lives for God’s joy through the traditional disciplines of prayer, Bible reading, Scripture memory, meditation, fasting and singing.
- Our collective worship of God on Sundays should be the culmination of our individual and private worship during the week.

Psalm 28:7 “The Lord is my strength and shield; my heart trusts in Him, and I am helped. My heart leaps for joy and I will give thanks to Him in song.”

- David focused on God’s character and began to rejoice

**3. Reaffirm your commitment to others.**

Romans 12:15 challenges us to “rejoice with those who rejoice...”

- If you’re not in fellowship with believers, your joy will leak out.

Philippians 1:25-26: “Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, so that through my being with you again your joy in Christ Jesus will overflow on account of me.”

- As I connect with you and you connect with me, our joy will overflow. We need each other.

#### **4. Reignite your passion for evangelism.**

Philemon 1:6 “I pray that your partnership with us in the faith may be effective in deepening your understanding of every good thing we share for the sake of Christ.”

- One of the best ways to build joy into your life is by talking to others about Jesus.

Luke 15:5-7 “And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, ‘Rejoice with me; I have found my lost sheep.’ I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety- nine righteous persons who do not need to repent.”

- Rejoicing in heaven when a sinner repents.

John 4:36 “Even now the reaper draws his wages, even now he harvests for eternal life, so that the sower and the reaper may be glad together.”

#### **5. Release your problems to the Lord.**

Happiness is conditioned by and often dependent upon what is “happening” to me.

- We define happiness as the absence of something undesirable, such as pain, suffering, or disappointment.

Joy, on the other hand, is a compelling quality of life that transcends the events and disasters which may occur in our lives.

Gal 5:22-23 But the fruit of the spirit is joy.

- The Joy of the Lord can be experienced in the midst of intense sorrow and loss.

Acts 16:25 “About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.”

- They turned this into an opportunity to rejoice.

2 Corinthians 7:4 “...in all our troubles my joy knows no bounds.”

James 1:2 “Consider it pure joy...whenever you face trials of many kinds.”

- This takes a conscious decision.
- We’re commanded to work at it.

#### **6. Remain close to Jesus.**

Instead of looking for Joy, look for the one who is JOY!

John 15:10-11 puts it this way: “If you obey my commands, you will remain in my love, just as I have obeyed my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.”

John 15:4 “Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”

### Personal Application

1. Guard yourself against those joy stoppers.
2. Identify one joy builder that you need to work on. Pick one that is weak for you.
3. Read through the Book of Philippians every day for a week.

### Closing Scripture:

Romans 14:17 “For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit.”