

“THE CHOICE TO REJOICE”
The Power To Change Your Life, Part 4
April 3rd, 2011

Galatians 5:22 (NIV) “The fruit of the Spirit is...joy...”

Philippians 4:4 (NIV) “Rejoice in the Lord always. I will say it again: rejoice!”

Happiness is based on _____; joy is an _____, a _____

3 Reasons Why Christians Should Be Joyful & Positive

1. Christians should be joyful & positive because we have _____ in Christ

Romans 5:1-2 (NIV) “Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God.”

For a Christian no situation is _____ hopeless

Many base their hope on _____ things or the _____ things

We must base our hope on something that can't be taken away - _____
Romans 12:12 (NCV) “Be joyful because you have hope.”

2. Christians should be joyful & positive because God has a _____ in every situation

Romans 5:3 (NIV) “We also rejoice in our sufferings, because we know that suffering produces perseverance.”

Many have the misconception that when they get rid of their problems, they will be _____

Joy is learning to enjoy life in spite of _____

Joy is not the absence of suffering but the presence of _____

Christians can be _____ in a _____ situation because we know God has a purpose in allowing that situation

Our _____ determines how we react to events around us & makes all the difference

God wants to use our sufferings to produce perseverance (ability to handle _____)

& character (proven _____), & hope (confidence in Christ's _____)

Romans 5:3-5 “...suffering produces perseverance, character; and character, hope. And hope does not disappoint us...”

Positive character traits are produced when we choose the right _____, i.e. joy

When we learn to rejoice _____ the problem and not _____ the problem, then God uses it for good in our lives

James 1:2-4 (NIV) “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.”

3. Christians should be joyful & positive because God is _____

Romans 5:11 (GN) “We rejoice because of what God has done through our Lord Jesus Christ, who has now made us God's friends.”

Our friendship with God lasts _____

Isaiah 43:2 (GN) “When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned.”

As a Christian God is with you, and nothing can _____ you, nothing can _____ you

No matter what you go through in life, you never go through it _____

4 Exercises That Develop Inner Joy

1. **Cultivate inner joy by developing the attitude of _____**
1 Thessalonians 5:18 (NIV) "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

Psychologists say that gratitude is the _____ emotion

2. **Cultivate inner joy by _____**
Acts 20:35 (NIV) "It is more blessed to give than to receive."

2 Corinthians 9:7 (NIV) "God loves a cheerful giver."

When we give, we are most like _____

3. **Cultivate inner joy by _____ others**

Ephesians 6:7-8 (NIV) "Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does."

Joy comes as we get the focus off ourselves and concentrate on _____ others

4. **Cultivate inner joy by sharing _____ with others**

Luke 15:10 (NIV) "...there is rejoicing in the presence of the angels of God over one sinner who repents."

Joy is elusive because the very exercises that produce it run counter to what our _____ teaches about joy, i.e. "live for yourself and forget about others"

My Next Step Today

I am asking Christ to help me cultivate inner joy by:

___ develop an attitude of gratitude

___ giving

___ serving

___ sharing Christ with others

I am coming to Class 101 on Sat, April 16th at 8:45 am

I will help with the church clean-up day on Sun, April 17th after 2nd service

I will memorize Galatians 5:22,23