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### Joy to the World

<sup>8</sup> In that region there were shepherds living in the fields, keeping watch over their flock by night. <sup>9</sup> Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. <sup>10</sup> But the angel said to them, "Do not be afraid; for see—I am bringing you good news of great joy for all the people: Luke 2:8-10 (NRSV)

<sup>1</sup> For everything there is a season, a time for every activity under heaven. <sup>4</sup> ... a time to laugh. Ecclesiastes 3:1, 4a (NLT)

- Joy will change your \_\_\_\_\_ to life.

<sup>10</sup> Then he told them, "Go, eat rich foods, drink sweet drinks, and send portions to those who cannot provide for themselves. Today is a holy day for the Lord. Don't be sad because the joy you have in the LORD is your strength." Nehemiah 8:10 (GW)

- Joy will bring \_\_\_\_\_ to your life

<sup>22</sup> A joyful heart is good medicine. Proverbs 17:22a (NASB)

- Joy will impact those \_\_\_\_\_ you

<sup>1</sup> When the LORD brought back his exiles to Jerusalem, it was like a dream! <sup>2</sup> We were filled with laughter, and we sang for joy. And the other nations said, "What amazing things the LORD has done for them." Psalm 126:1-2 (NLT)

### The Secret of Joy

1. Take \_\_\_\_\_ for your own emotions.

<sup>1</sup> Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Hebrews 12:1 (NIV)

<sup>14</sup> Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer. Psalm 19:14 (NRSV)

2. Develop a high \_\_\_\_\_ for life.

<sup>19</sup> Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what's given and delighting in the work. It's God's gift! Ecclesiastes 5:19 (MSG)

<sup>28</sup> We know that all things work together for good for those who love God, who are called according to his purpose. Romans 8:28 (NRSV)

3. Find something \_\_\_\_\_ in everything.

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 (NIV11)

4. \_\_\_\_\_ something positive in your conversations.

<sup>24</sup> Kind words are like honey—sweet to the soul and healthy for the body. Proverbs 16:24 (NLT)

<sup>3</sup> O LORD, set a guard at my mouth. Keep watch over the door of my lips. Psalm 141:3 (GW)

5. Express \_\_\_\_\_ to God and others daily.

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NIV11)

### My Next Step Today Is To...

- Recognizing God's love for me I am choosing to trust Him and receive Him as my Savior and Lord.
- Ask God to help me receive the joy that I've been missing.
- Take steps to cultivate joy in my life.
- Meditate on and/or memorize Proverbs 17:22a