

Juicy Fruit

Secrets to Healthy Relationships

JOY: HOW TO REJOICE IN ANY SITUATION (James 1:2-4, Philippians 4:4-8)

Joy: It is the _____ I feel from knowing and trusting God regardless of the circumstances.

Happiness...

Depends on _____
It is _____
Based on _____
Based on _____

Joy...

Depends on the _____
It is _____
Based on _____
Based on _____

THREE RELATIONAL 'JOY JAMMERS':

1. _____

*"For where you have **envy and selfish ambition**, there you find disorder and every evil practice."* James 3:16 (NIV)

2. _____

*"Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of **bitterness** grows up to trouble you, corrupting many."* Hebrews 12:15 (NLT)

3. _____

"...fear always contains some of the torture of feeling guilty. The one who lives in fear has not yet had his love perfected." I John 4:18 (Ph)

HOW TO RESTORE JOY IN RELATIONSHIPS:

1. Focus on _____ rather than _____.

*"There is more happiness in **giving** than in receiving."* Acts 20:35

2. Focus on _____ rather than _____.

*"We can be full of joy here and now, even in our trials and troubles. These very things will give us patient endurance; this in turn will develop a **mature character**..."* Romans 5:3-4 (Ph)

3. Focus on _____ rather than _____.

"O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge." Psalm 62:8 (NLT)

*"**Always** be full of joy in the Lord; I say it again- rejoice!"* Philippians 4:4 (NLT)

WE CAN BE JOYFUL IN SPITE OF CIRCUMSTANCES...

• Because God is _____.

"When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze." Isaiah 43:2 (NIV)

• Because God has _____.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 (NIV)

• Because God will _____.

*"Why be so gloomy and discouraged? Trust in God! Then **I shall praise him for his wondrous help**; he will make me smile again."* Psalm 43:5 (LB)