

HELPING YOU FIND JOY

Feeling Good because pleasant positive things happen to you!

- ▶ Circumstantial
- ▶ Easier to achieve
- ▶ Mostly outside your control

Feeling Good because of the way you think!

- ▶ Spiritual
- ▶ Harder to achieve
- ▶ Mostly within your control

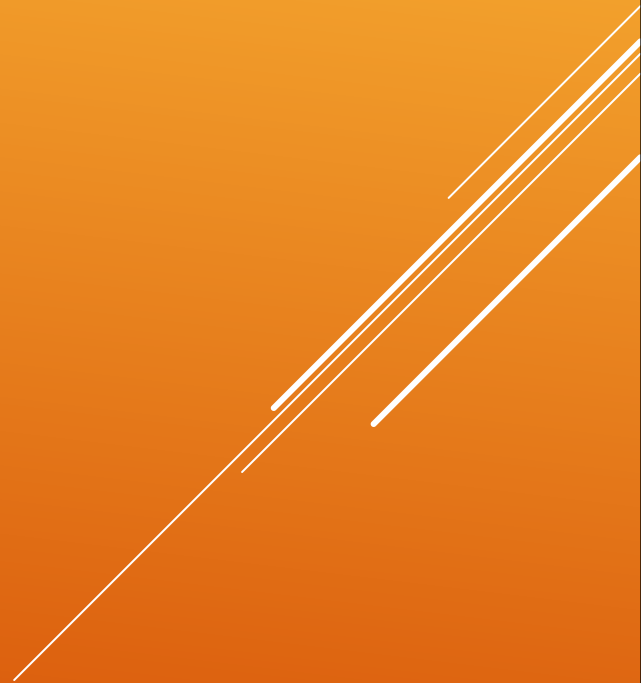
LET'S DEFINE...

One we'll call
HAPPiness - meaning
gladness about
what is HAPPening

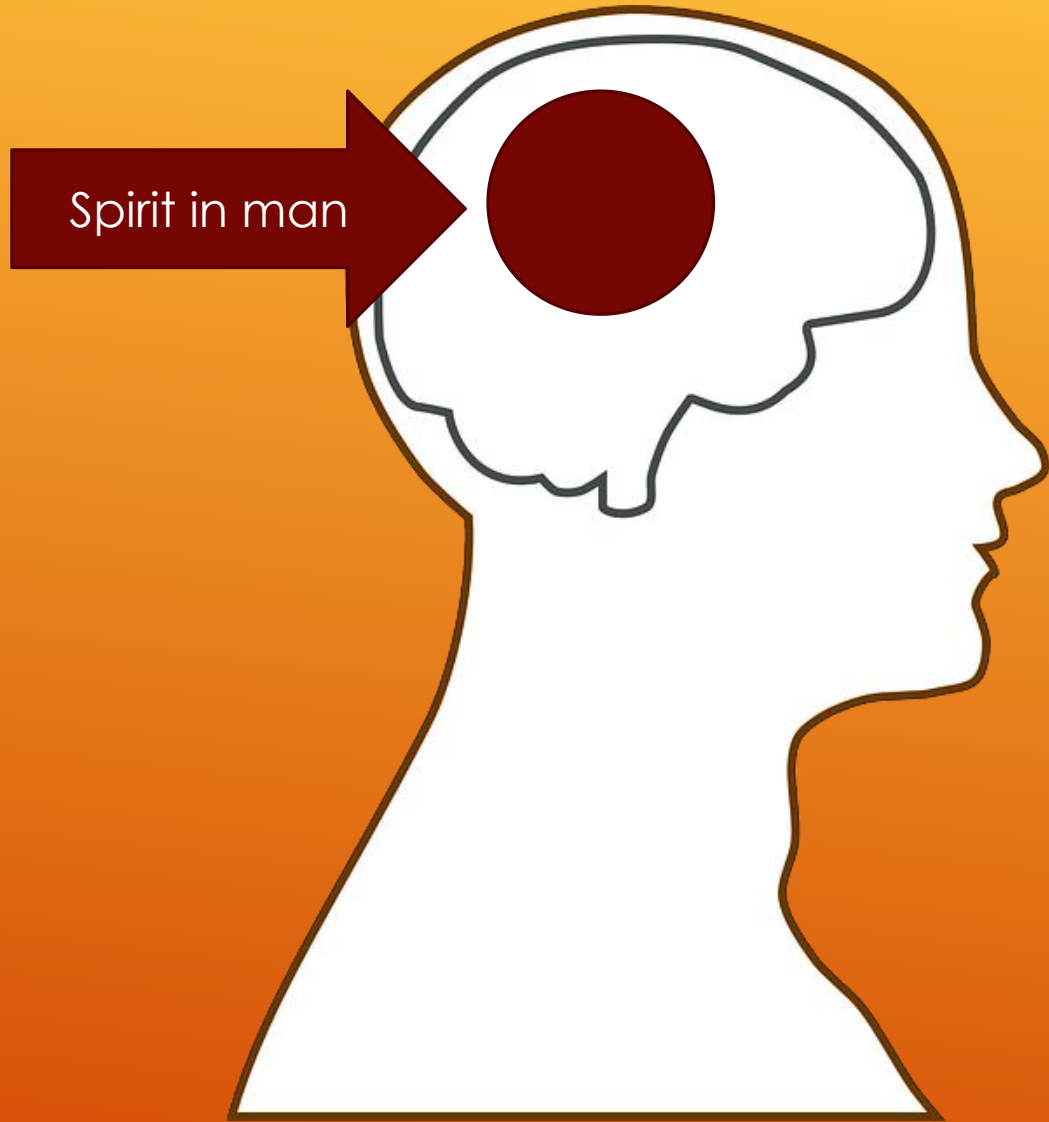
The other we will call
Joy - meaning
gladness about...
WHAT???

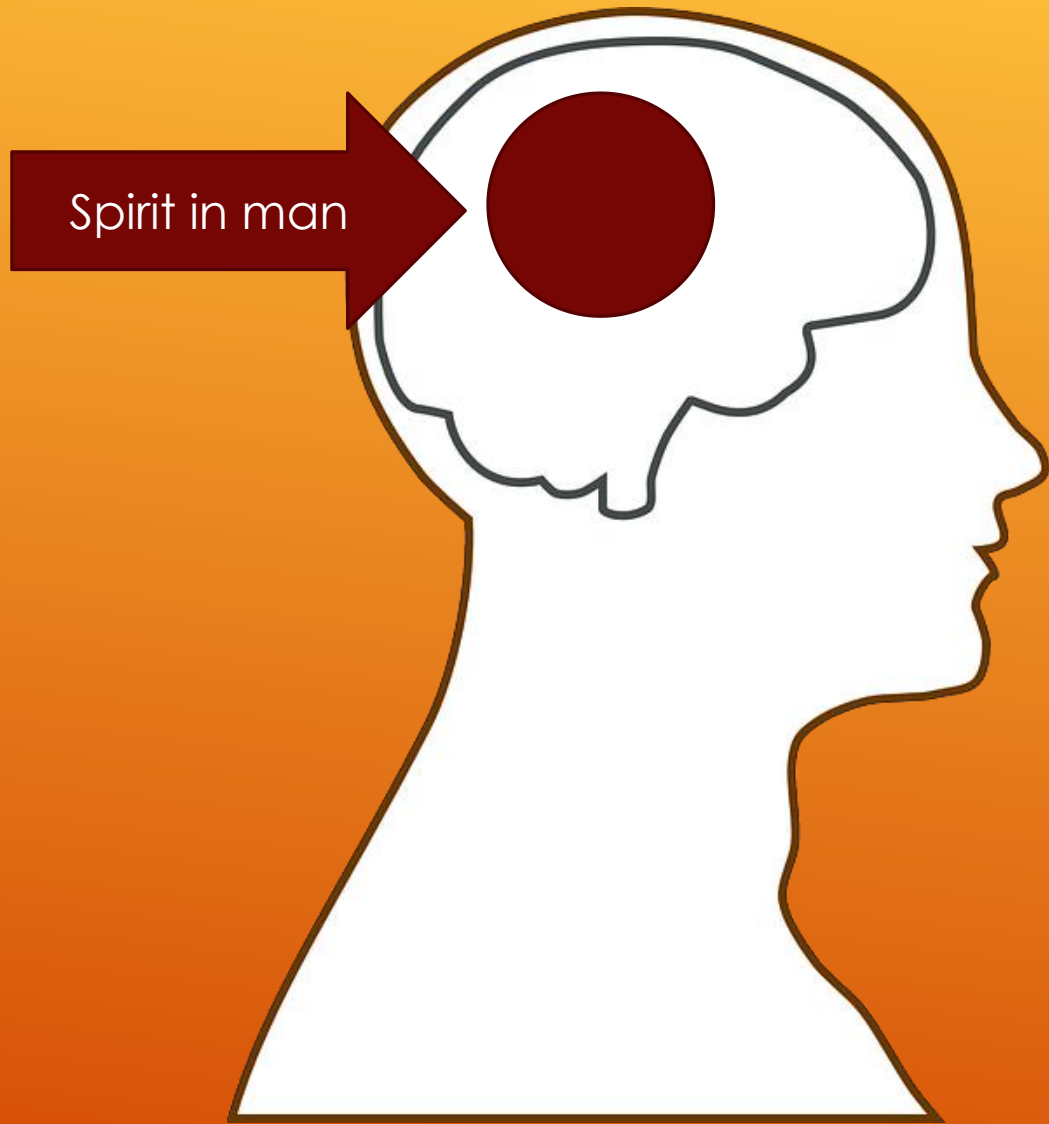
LET'S CALL THEM DIFFERENT NAMES

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the orange background.



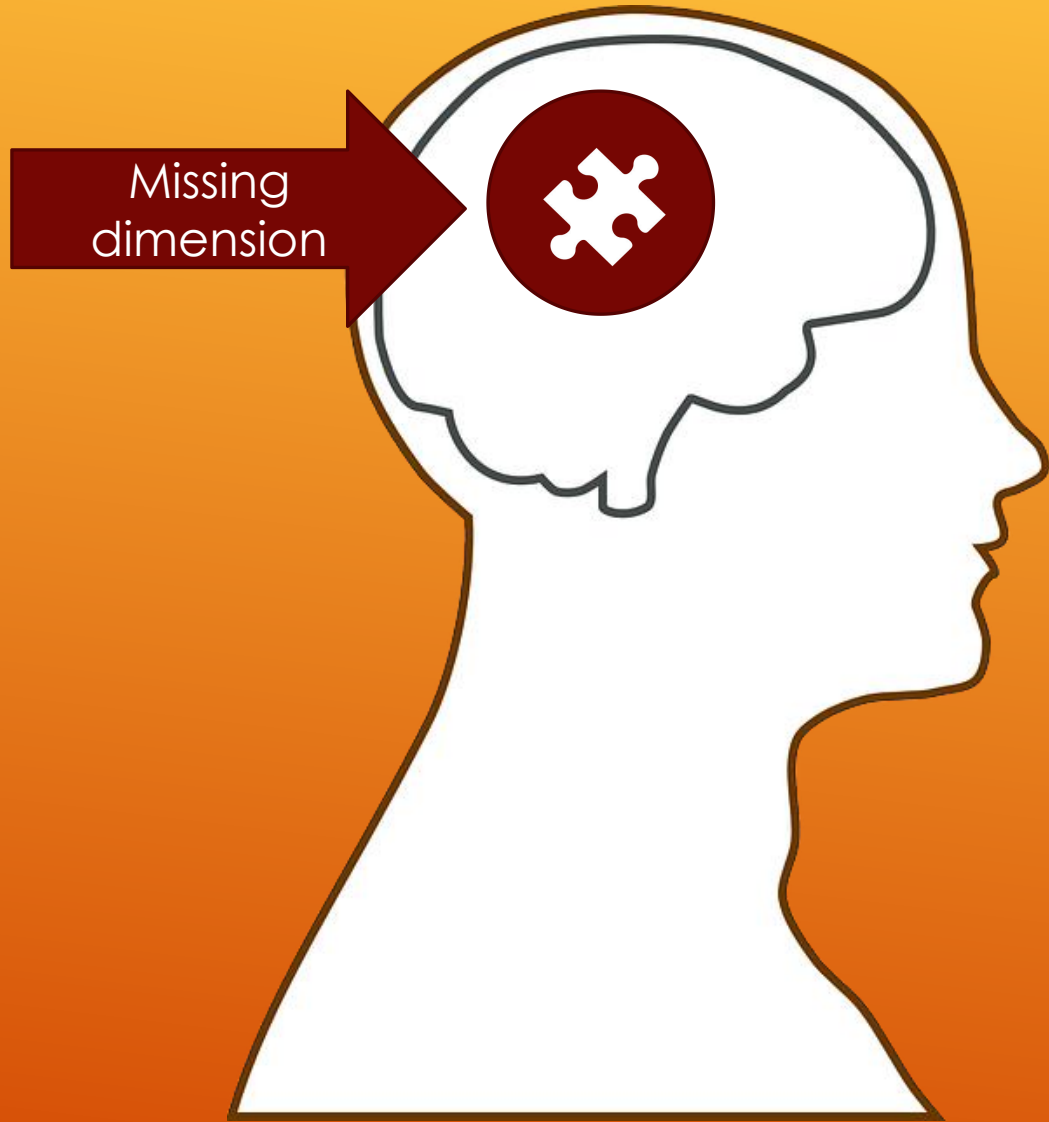
THERE IS A SPIRITUAL
COMPONENT IN HUMAN
BEINGS





Made in our image





NOT YET COMPLETE

**A space which
needs to be
filled**

God's Holy Spirit

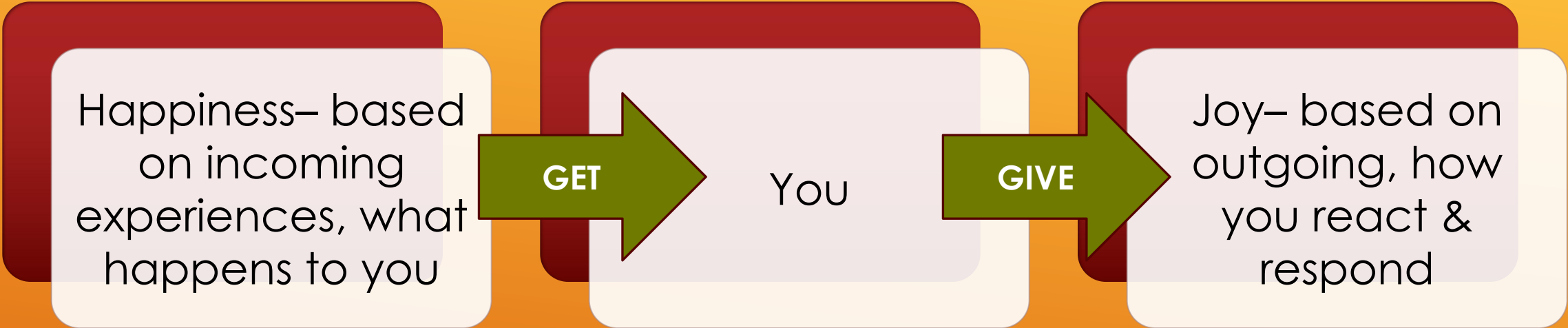


Now complete





THE FLOW OF JOY



THE FLOW OF JOY

Resist!

- ▶ Resentment
- ▶ Greed
- ▶ Complaining
- ▶ Jealousy
- ▶ Pride
- ▶ Anger & Fear



Focus On Others!

- ▶ Gratitude
- ▶ Humility
- ▶ Forgiveness
- ▶ Patience
- ▶ Contentment
- ▶ Hope & Faith

TO GROW IN JOY...

SPIRITUAL & SUPERNATURAL

God is joyful!

IS SORROW BAD?

Sorrow is an appropriate reaction to sin

JOY IN TRIALS

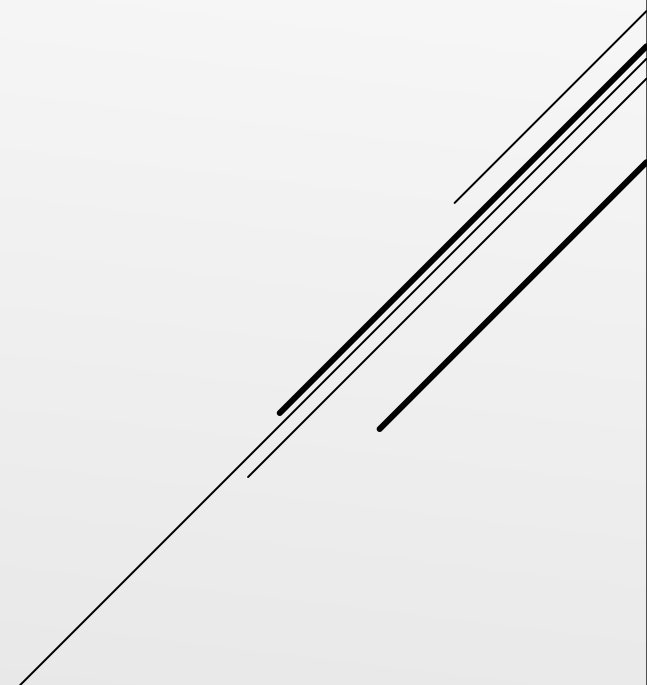
A biblical perspective on trials:

1. Limited to this current age
2. Produce Godly character



GOD'S HOLY SPIRIT

Recognize the joy and playfulness
in God's creation!



THE BEGINNING STEPS TO FINDING JOY

- **Psalm 16:11** knowing the path to life is a source of JOY
- **John 16:24** ask for the understanding that brings joy
- **John 17: 13** Jesus wants to share His joy with you