



Experience the Joy

Pr Les Ackie

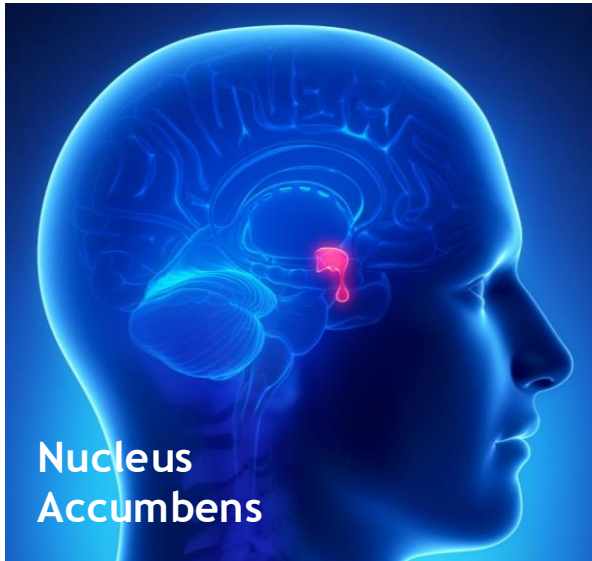
Experience the Joy



**“Create in me a pure heart, O God,
and renew a steadfast spirit within
me. Do not cast me from your
presence or take your Holy
Spirit from me. Restore to me the
joy of your salvation and grant me
a willing spirit, to sustain me.”**

Psalms 51:10-12

Purpose by Design

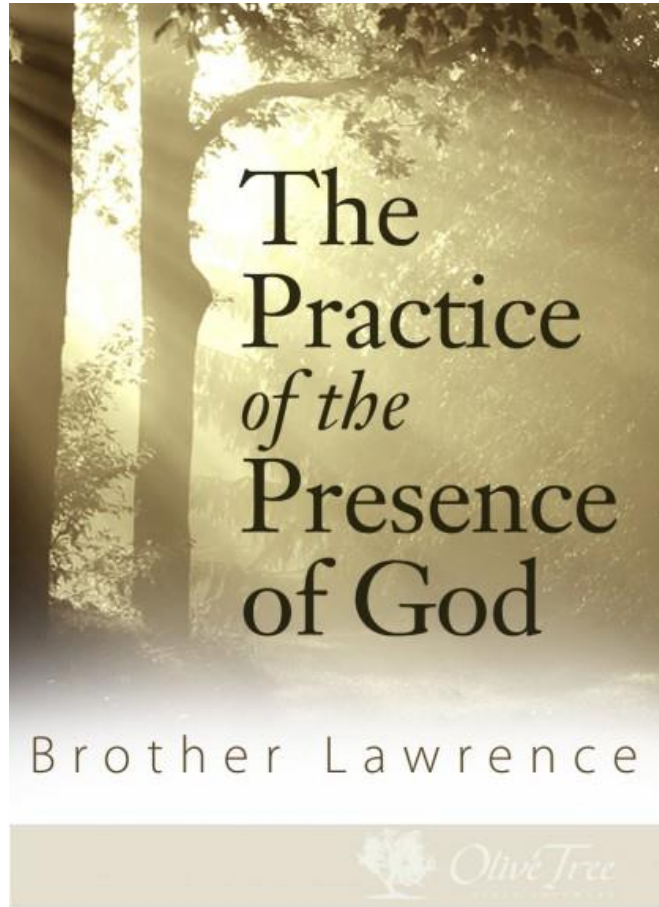


“But let the righteous be glad; Let them rejoice before God; Yes, let them rejoice exceedingly.” Psalm 68:3

“These things have I spoken to you, that my joy might remain in you, and that your joy might be full.” John 15:11

“You will show me the path of life; In Your presence *is* fullness of joy; at Your right hand *are* pleasures forevermore.” Psalm 16:11

Experience the Joy



**If joy is an
outgrowth of
spending time with
God, then we ought
to be intentional
about doing so**

Experience the Joy



**Is it possible to
be saved and
miserable?**

“As sorrowful, yet always rejoicing.” 2 Corinthians 6:10

**“Be joyful always, pray continuously, give thanks in all
circumstances; for this is God’s will for you in Christ.” Jesus.”
1 Thessalonians 5:16**

Experience the Joy



**“Restore to me the joy of
Your salvation, and uphold
me by Your generous Spirit.
Then I will teach
transgressors Your ways”**

Psalm 51:10-12

The Fruit of the Spirit



Galatians 5:22

Experience the Joy



“Sad tones may fit an undertaker but not someone who is called to preach Good News! They might as well bury the dead, they’ll never influence the living. If you would lead men to heaven, wear heaven on your face.”

“We should be cheerful; for there is nothing gloomy in the religion of Jesus” Gospel Workers, 417

Experience the Joy



**Why would anyone
want a religion that
makes you look like
you've been 'weaned
on a pickle'**

Deuteronomy 28



**“Moreover all these curses shall come upon you . . .
Because you did not serve the Lord your God with
joy and gladness of heart, for the abundance of
everything.” Deuteronomy 28:47**

Deuteronomy 28

“Moreover all these curses shall come upon you . . . Because you did not serve the Lord your God with joy and gladness of heart, for the abundance of everything”

Deuteronomy 28:47



Experience the Joy

“The generous soul shall be made rich, and he who waters will also be watered himself” (Proverbs 11:25)



Corrie Ten Boom

Experience the Joy

*Joy
is a
choice!*

**It is a positive duty to resist
melancholy, discontented
thought and feelings - as
much a duty as it is to pray.
- Ministry of Healing, 251**

**“Most folks are about as happy as they make up their
minds to be.” Abraham Lincoln**

Joy is a Choice



“Why are you cast down, O my soul? And *why* are you disquieted within me? Hope in God, for I shall yet praise Him *for* the help of His countenance.”

Psalm 42:5

“I will bless the LORD at ALL times; His praise shall continually be in my mouth.”

Psalm 34:1

Gratitude and Joy



O give thanks to the LORD, for he is good:
for his mercy endures forever. . . O that
men would praise the LORD for his
goodness, and for his wonderful works to
the children of men! And let them
sacrifice the sacrifices of thanksgiving,
and declare his works with rejoicing
(Psalm 107:1,21-22)

Practicing an Attitude of Gratitude

JOY
a spiritual way
of engaging
with the world
that's connected
to practicing
GRATITUDE
~ Brene' Brown

“It is not joy that makes us grateful; it is gratitude that makes us joyful.”
— Brother David Steindl-Rast

Experience the Joy



“But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.”

Acts 16:22

We can have joy, even in the midst of adversity

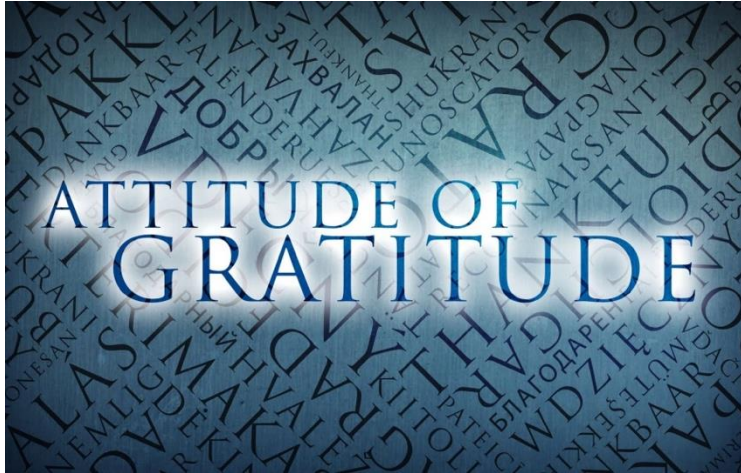
Gratitude is a Learned Attribute



“Not that I speak in regard to need, for **I have learned** in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things **I have learned** both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.”

Philippians 4:11-13

Practicing an Attitude of Gratitude



Being grateful and joyful doesn't mean being happy all of the time

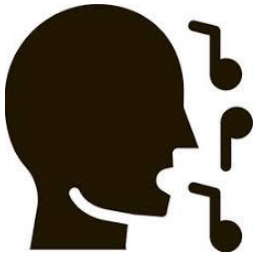
“So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.” John 16:22

Encourage Yourself



**We are responsible
for our own
emotional wellbeing**

Experience the Joy



Singing



Bible Reading



Praise



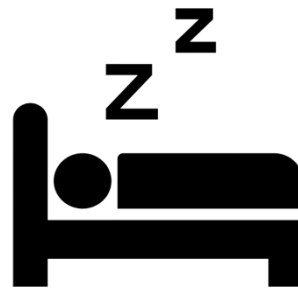
Remember



Practice Self-care



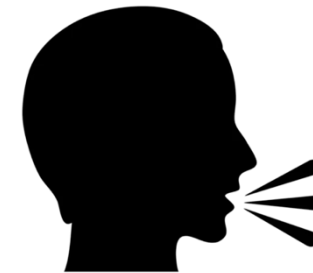
Journaling



Sufficient Sleep



Exercise



Self-talk

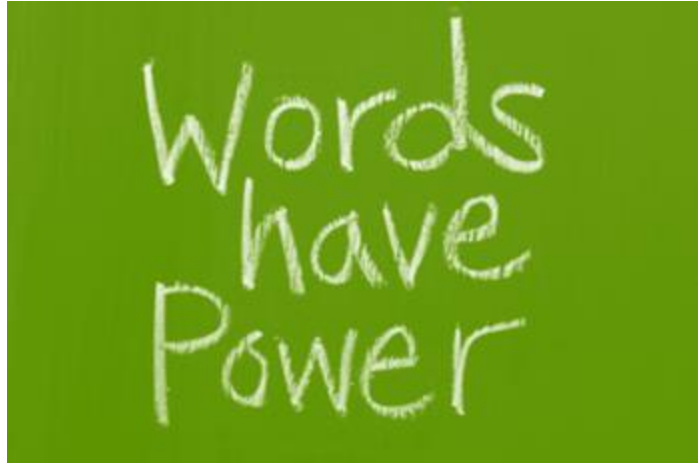
Speak Nicely to Yourself



**“Pleasant words *are like* a honeycomb,
Sweetness to the
soul and health to
the bones.”**

Proverbs 16:24

Speak Nicely to Yourself



**“Death and life are in
the power of the
tongue.”
Proverbs 18:21**

**“Most unhappiness is caused because people
listen to themselves . . . instead of talking to
themselves.” William James**

The Importance of Play

Play is a critically
important
component of
emotional wellbeing

**HAVING FUN
IS A
SERIOUS
BUSINESS**

The Benefits of Play



**Recreation and
laughter are essential
to our emotional and
physical health**

Have a Laugh

**“A merry heart does
good, *like* medicine,
But a broken spirit
dries the bones.”
Proverbs 17:22**



The Health Benefits of Laughter



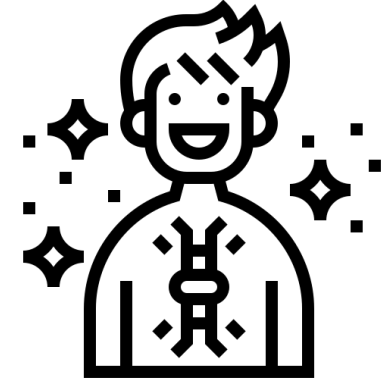
Lowers Blood
Pressure



Reduces Stress



Boosts the
Immune System



Aids Antibody
Production

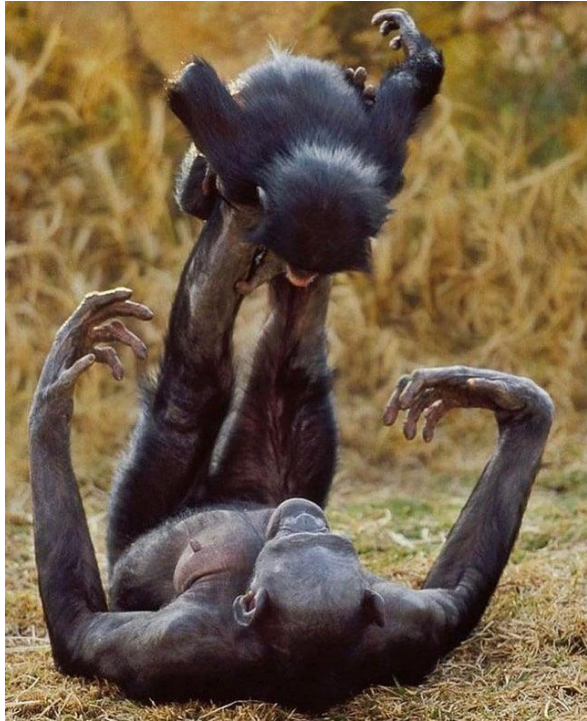


Increases Muscle
Function



Triggers Endorphin
Release

The Importance of Play



**A lack of play can
hinder healthy brain
development,
emotional maturation,
and the nurture of
social relationships**

The Benefits of Play



“Play is not frivolous . . . Play is the real work of childhood. Through it, children have their best chance for becoming whole, happy adults.”

Happy Homes



**“ . . . to make
upon the whole a
family happier for
my presence.”**

**Robert Louis
Stephenson**

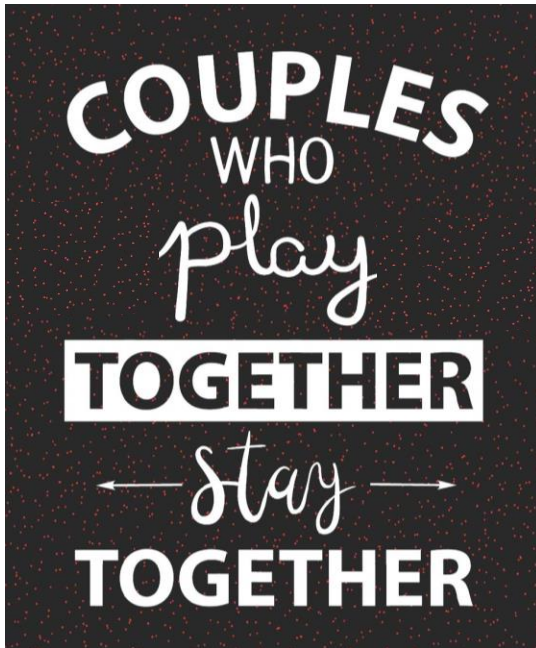


Rough & Tumble Play



- regulate emotions
- read expressions
- social limits
- physical limits
- dynamics of interaction

Experience the Joy



Research by the Gottman Institute indicates that the primary reason for marital breakdown is that couples stop being friends



Experience the Joy



**“A man who has
friends must himself
be friendly.”
Proverbs 18:24**

Experience the Joy



“Two are better than one, because they have a good reward for their labour. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.”

Ecclesiastes 4:9-12,

Experience the Joy

GIVE
YOURSELF
PERMISSION

**“Dance like no one is watching.
Sing like no one is listening. Love
like you've never been hurt and
live like it's heaven on Earth.”**

Mark Twain

Be Good to Yourself



**Be intentional about
creating the space
for the things which
cultivate joy**

**“the joy of the Lord is your strength.”
Nehemiah 8:10**

Be Good to Yourself



Pr Henry Wright

**“We may need to
leave aside that
which is important
that we may do that
which is essential”**

Be Good to Yourself



**“Now may the God of hope
fill you with all joy and
peace in believing, that you
may abound in hope by the
power of the Holy Spirit.”**

Romans 15:13