

*My joy has gone, grief is upon me; my heart is sick within me. Jeremiah 8:18 (ESV)*

## HOW CAN I HAVE LASTING JOY?

### RECEIVE IT THROUGH:

- The gift of \_\_\_\_\_

*And there were shepherds living out in the field nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord." Luke 2:8-11 (NIV)*

- The presence of the \_\_\_\_\_

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.... Galatians 5:22-23 (ESV)*

### SUSTAIN IT BY:

- Finding a great \_\_\_\_\_

*You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit. 1 Thessalonians 1:6 (NIV)*

- Keeping the right \_\_\_\_\_

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Philippians 4:4-5 (NIV)*

- Facing your \_\_\_\_\_

*Consider it pure joy my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. James 1:2-3 (NIV)*

- Counting your \_\_\_\_\_

*The Lord has done great things for us, and we are filled with joy. Psalm 126:3 (NIV)*

- Walking in \_\_\_\_\_

*If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. John 15:10-11 (NIV)*

- Maintaining \_\_\_\_\_

*... And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame and sat down at the right hand of God. Hebrews 12:1-2 (NIV)*

- Praying \_\_\_\_\_

*Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full. John 16:24 (ESV)*

### REGIFT IT WHEN:

- I \_\_\_\_\_ my story

*Your testimonies are my heritage forever, for they are the joy of my heart. Psalm 119:111 (ESV)*

*They triumphed over him by the blood of the lamb and the word of their testimony; they did not love their lives so much as to shrink from death. Revelation 12:11 (NIV)*

- I \_\_\_\_\_ for someone else's

*And now, brothers and sisters, we want you to know about the grace that God has given the Macedonian churches. In the midst of a very severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. For I testify that they gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service to the Lord's people. 2 Corinthians 8:1-4 (NIV)*