



# Choosing Joy

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## Nature of Joy

Happiness is based on external things.  
Joy is an abiding sense of well being that comes from knowing Christ.

Happiness is a feeling but Joy is steadfast.

Gal 5:22,23. It is a result of the Holy Spirit working on the inside of us.

James 1:2-4

When we choose joy, we are acknowledging that God is in control when facing life's challenges. Romans 8:28

When we focus on God rather than our circumstances, we choose joy

## How to cultivate a life of joy

1. You must be saved
2. Through prayer and thanksgiving: Phil 4:6
3. Focus on Gods promises: psalm 16:1
4. Community: Joy grows in the context of relationships with believers. Prov 17:22



## Impact of Joy in our Lives

1. Joy is a witness
2. Joy brings peace: Phil 4:7,
3. Joy equips us to face life's difficulties Neh 8:10

## Remember:

Choosing Joy is not a one time decision, it is a daily commitment.

## Practical steps to choosing Joy

1. Daily gratitude
2. Worship: recognizing God and putting him in his rightful place in anything you do
3. Serving others:

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