

“MANAGING MY EMOTIONS”

PART 3

“WHY WE REJOICE”

OBJECTIVE: TO EXPLORE THE BIBLE CONCERNING HOW OUR EMOTIONS PLAY A ROLE IN HOW WE RELATE TO SITUATIONS IN OUR LIFE. AS WELL AS GUIDE OUR ACTIONS. THE BIBLE GIVES CLEAR EVIDENCE AND COUNSEL ON HOW TO DEAL WITH RAW EMOTIONS THAT IMPACT US IN OUR LIVES.

KEY SCRIPTURES: (MATTHEW 15:21-28/ 2 SAMUEL 16:5-14/
1 KINGS 2:8-9/36-46/ LUKE 10:17-24/LUKE 22:39-46)
(NUMBERS 20:7-12) / (MATTHEW 14:3-12)

ALL OF US AS CHRISTIANS, BY WAY OF INTRODUCTION, ARE COMMANDED TO BE JOYFUL. “REJOICE ALWAYS AND AGAIN I SAY REJOICE,” COMMANDS THE HOLY SPIRIT IN PHILIPPIANS CHAPTER 4. WE ARE COMMANDED TO BE JOYFUL, TO BE INCESSANTLY JOYFUL, CONSTANTLY JOYFUL TO MAINTAIN A DEEP-DOWN, ABIDING JOY IN SPITE OF ALL THAT IS WRONG IN THE WORLD AND ALL THAT TROUBLES US IN OUR OWN PERSONAL LIVES. AND THE KEY, OF COURSE, IS TO GET BEYOND YOUR CIRCUMSTANCES AND TO REJOICE IN THE LORD, TO REJOICE IN THE LORD WHO NEVER CHANGES, WHOSE PROMISES NEVER FAIL, WHO IS ALWAYS FAITHFUL AND COMPLETES WHAT HE BEGINS AND BRINGS TO PASS WHAT HE DESIGNS. PAUL SAID, “I REJOICED IN THE LORD GREATLY,” AND AT THE TIME HE WROTE THAT HE WAS IN THE WORST POSSIBLE HUMAN SITUATION. HE WAS A PRISONER OF THE ROMANS. HE WAS SUFFERING AT THE

HANDS OF HIS ENEMIES. HE WAS ALSO SUFFERING AT THE HANDS OF THE FRIENDS OF THE GOSPEL. AND YET HE REJOICED GREATLY. IN PHILIPPIANS CHAPTER 4 HE TELLS US WHY. HE SAYS IN VERSE 11, "I HAVE LEARNED TO BE CONTENT IN WHATEVER CIRCUMSTANCES I AM." HIS JOY WAS CONSTANT AND INCESSANT BECAUSE IT WAS NOT RELATED TO THE UP AND DOWN OF CIRCUMSTANCES. "I KNOW HOW TO GET ALONG WITH HUMBLE MEANS," HE SAYS, VERSE 12, PHILIPPIANS 4. "I ALSO KNOW HOW TO LIVE IN PROSPERITY. IN ANY AND EVERY CIRCUMSTANCE I HAVE LEARNED THE SECRET OF BEING FILLED AND GOING HUNGRY, BOTH OF HAVING ABUNDANCE AND SUFFERING NEED AND I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME." HIS JOY WAS IMPERTURBED. IT WAS UNTOUCHABLE, UNASSAILABLE. CIRCUMSTANCES HAD NO EFFECT UPON IT. HE GOES ON TO SAY HE IS CONFIDENT "MY GOD SHALL SUPPLY ALL YOUR NEEDS ACCORDING TO HIS RICHES AND GLORY IN CHRIST JESUS." THEREFORE, HE COULD ALWAYS SAY IN EVERY CIRCUMSTANCE, "NOW TO OUR GOD AND FATHER BE THE GLORY FOREVER AND EVER. AMEN." HERE WAS A MAN UNTOUCHED IN SOME WAYS BY HIS CIRCUMSTANCES, A MAN WHO SOUGHT TO LIVE ABOVE THE EBB AND FLOW, THE COMING AND GOING, THE UPS AND DOWNS, THE INS AND OUTS OF LIFE.

IN [PSALM 13:5](#) THE PSALMIST SAYS, "BECAUSE I HAVE TRUSTED IN THY LOVING-KINDNESS, MY HEART SHALL REJOICE IN THY SALVATION." [PSALM 21:1](#), DAVID SAYS, "OH LORD, IN THY STRENGTH THE KING WILL BE GLAD AND IN THY SALVATION HOW GREATLY HE WILL REJOICE." PSALM 40 VERSE 16, "LET ALL WHO SEEK THEE REJOICE AND BE GLAD IN THEE. LET THOSE WHO LOVE THY SALVATION SAY CONTINUALLY, THE LORD BE MAGNIFIED," WHICH IS AN EXPRESSION OF JOY. THE PROPHET HABAKKUK SAYS, "I WILL REJOICE IN THE GOD OF MY SALVATION."

AND SO, IN THE OLD TESTAMENT, THE SOURCE OF JOY WAS THE SAVING WORK OF GOD IN THE HEART, THE HOPE OF ALL THAT GOD HAD PREPARED FOR THEM THAT LOVE HIM, THE HOPE OF ETERNAL LIFE. JOY FOR THE BELIEVER THEN IS NOT CONNECTED TO EARTHLY MATTERS, TO EARTHLY ISSUES. THERE IS NO PROMISE THAT BECOMING A CHRISTIAN IS GOING TO PROVIDE FOR GOOD CIRCUMSTANCES IN LIFE. IT DOESN'T MEAN THAT COMING TO CHRIST IS GOING TO BE THE END OF YOUR TROUBLE, THE END OF YOUR STRUGGLES, THE END OF YOUR SORROWS IN THIS HUMAN WORLD. THAT IS NOT THE CASE. WHAT IT DOES MEAN IS THAT YOUR ETERNITY IS SETTLED, THAT A FAITHFUL GOD IS PREPARING MORE THAN YOU CAN EVER COMPREHEND FOR YOU AND YOU NEED TO LIVE IN THE LIGHT OF WHAT GOD HAS PREPARED FOR YOU.

JOY IS GOD'S GIFT TO US IN ANTICIPATION OF HEAVENLY GLORY. AND WE CAN ENJOY IT NOW IF WE COME TO FULLY UNDERSTAND AND TRUST IN THE PROMISES OF GOD FOR THAT ETERNAL GLORY. JESUS IS OUR GREAT EXAMPLE IN THIS. JESUS GIVES US AN EXAMPLE OF JOY IN THE MIDST OF THE PROFOUNDEST KIND OF HUMAN DISAPPOINTMENT. VERSE 21 SAYS, "AT THAT VERY TIME HE REJOICED GREATLY IN THE HOLY SPIRIT."

AND SO, AS WE COME TO VERSE 21 WE BEGIN TO SEE MORE DEEPLY INTO THE JOY OF JESUS. WHAT MOTIVATED HIS JOY, NUMBER ONE? THE SOVEREIGN PLEASURE OF THE FATHER, THE SOVEREIGN PLEASURE OF THE FATHER. "I PRAISE THEE, OH FATHER, LORD OF HEAVEN AND EARTH," THE SOVEREIGN, THE ONE ALMIGHTY ONE. "THAT YOU DID HIDE THESE THINGS FROM THE WISE AND INTELLIGENT AND DID REVEAL THEM TO BABES." AND WHY DID GOD DO THAT? WHY? BECAUSE, HE SAYS, "YES, FATHER, THUS IT WAS WELL-PLEASING IN THY SIGHT." THAT'S THE ANSWER. HE DID IT BECAUSE HE WANTED TO DO IT THAT WAY. IT WAS GOD'S SOVEREIGN PURPOSE TO REVEAL THE

THINGS OF THE GOSPEL, NOT TO THE INTELLECTUAL, NOT TO THE WORLDLY WISE, BUT TO THE HUMBLE AND THE MEEK AND THE LOWLY. ALL THAT WAS REVEALED BY GOD IS KNOWN ONLY TO THOSE WHOM GOD CHOSE TO REVEAL IT TO. AND THE SON, OF COURSE, AFFIRMED AND ACTED IN THAT REVELATION. AND SO JESUS IS REJOICING IN SPITE OF CIRCUMSTANCES BECAUSE THE FATHER'S PLEASURE IS BEING DONE.