



Series: Walking Circumspectly
A Christian is Joyful
Psalm 16:11

Joy is an emotion that is easily lost in the sea of other things we have going on. Through the cares of this life, fatigue and worry joy can be hard to find. A few weeks ago while studying for this I asked this Church who here was actually enjoying life. It is a question I pose to you again. Do you have actual joy in the things you have and are doing?

Why isn't joy more common? Why is it so hard to hold on to? Joy is a part of gratitude. It requires not just a knowledge of what you have or its value but also a thankfulness for having it. When we are always focused on the next bill, the next chore or how we feel about the things we don't like, of course we lack joy.

A focus on the Lord will restore our joy

Philippians 4:4 (KJV 1900)

⁴ *Rejoice in the Lord alway: and again I say, Rejoice.*

I. There is cause to be joyful

A. Consider where you came from

1. Salvation should bring us joy Psalm 35:9

Psalm 35:9

⁹ *And my soul shall be joyful in the LORD:
It shall rejoice in his salvation.*

Isaiah 61:10–11

¹⁰ *I will greatly rejoice in the Lord,
My soul shall be joyful in my God;
For he hath clothed me with the garments of salvation,
He hath covered me with the robe of righteousness,
As a bridegroom decketh himself with ornaments,
And as a bride adorneth herself with her jewels.
¹¹ For as the earth bringeth forth her bud,
And as the garden causeth the things that are sown in it to spring forth;
So the Lord God will cause righteousness and praise to spring forth
Before all the nations.*

Luke 10:20

²⁰ *Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven.*

2. God's continue care should bring us joy Galatians 5:22-26

The Holy Spirit produces joy in the sensitive believer

Galatians 5:22–23 (KJV 1900)

²² *But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,*

²³ *Meekness, temperance: against such there is no law.*

We are clothed in the Righteousness of God

Romans 5

5 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: ² By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. ³ And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; ⁴ And patience, experience; and experience, hope: ⁵ And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us. ⁶ For when we were yet without strength, in due time Christ died for the ungodly. ⁷ For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die. ⁸ But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

B. Communion with God

- 1. Through His Word**
- 2. In prayer**

C. Our inseparable relationship with Christ

Romans 8:38–39

³⁸ *For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, ³⁹ Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.*

Get used to being Happy

Psalms 149:5

⁵ *Let the saints be joyful in glory: Let them sing aloud upon their beds.*

II. The rough alternative – self pity. “What doest thou here Elijah?”

1 Kings 19:9-18

A. Feeling sorry for yourself

- 1. Moping**
- 2. Whining**
- 3. Instead of rising to the challenge or changing the situation**

B. Discouraged

1. **It can't be done!**
2. **God has abandoned me!**

C. Ungrateful heart

1. **Looking at what you don't have instead of the resources you do**
2. **Looking at what others blessings instead of counting your own.**
3. **Discounting the deliverance God provided in the past by not believing He can do anything now.**

III. The fruit of a joyful life

A. Spiritual Strength

1. **What's lost can be remade**

Isaiah 61:1–4

The Spirit of the Lord GOD *is* upon me;

Because the LORD hath anointed me to preach good tidings unto the meek;

He hath sent me to bind up the brokenhearted,

To proclaim liberty to the captives,

And the opening of the prison to *them that are* bound;

- ² To proclaim the acceptable year of the LORD,

And the day of vengeance of our God;

To comfort all that mourn;

- ³ To appoint unto them that mourn in Zion,

To give unto them beauty for ashes,

The oil of joy for mourning,

The garment of praise for the spirit of heaviness;

That they might be called trees of righteousness,

The planting of the LORD, that he might be glorified.

- ⁴ And they shall build the old wastes,

They shall raise up the former desolations,

And they shall repair the waste cities,

The desolations of many generations.

2. Sorrow can turn to joy

Nehemiah 8:10 (KJV 1900)

¹⁰Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for *this* day *is* holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

John 16:20 (KJV 1900)

²⁰Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.

B. Powerful Testimony

1. Who you are is in who you know.

Habakkuk 3:17–19 (KJV 1900)

- ¹⁷ Although the fig tree shall not blossom,
Neither *shall* fruit *be* in the vines;
The labour of the olive shall fail,
And the fields shall yield no meat;
The flock shall be cut off from the fold,
And *there shall be* no herd in the stalls:
¹⁸ Yet I will rejoice in the LORD,
I will joy in the God of my salvation.
¹⁹ The LORD God *is* my strength,
And he will make my feet like hinds' *feet*,
And he will make me to walk upon mine high places.
To the chief singer on my stringed instruments.

C. An encouragement to everyone