



The Power of Joy, Part 1

Proverbs 13:22; 15:13; 17:22; 1 Thessalonians 1:6

The Impact of Joy



- A person's mental state impacts their recovery and survival when they deal with serious illnesses.
- When a person has good health, their cheerful disposition tends to help keep them healthy.
- People who become depressed late in life have a 70% increased risk of dementia.
- A merry heart cannot be hidden as the person is free and easily smiles.
- We cannot hide what is within our hearts.
- Reflecting on the fact that God is always with us, brings joy to our hearts.

True Joy Only Comes From God



- True joy can only come from God.
- Grace comes from God as does joy.
- When we truly place our trust in God, joy follows.
- When we release the worry and sorrow that occupies space in our hearts, we have room to receive the joy that God gives to us.
- When we truly trust in the Lord, our hearts learn to rejoice regardless of the situations we face.

The Relationship Between Trusting God And Joy



- True hope comes from God.
- What we experience tomorrow can be better than what we experienced today.
- When we allow Godly hope to be the beacon that guides our way, we can have joy and peace.
- Happiness is based on circumstantial pleasure that usually goes away just as quickly as it came.
- God's joy is unaffected by outward circumstances.
- Happiness is not guaranteed nor is it permanent.

Conclusion

- When the seed of God is placed inside our human spirit, that divine seed produces “joy” that is not based on outward events or circumstances.
- God’s supernatural “joy” sustains us in our hardest times.
- Do not rely on your own strength, because *“the joy of the Lord is your strength.”*

