

HOW TO LIVE A JOY FILLED LIFE

August 29, 2021 - Pastor Rick Reager

“Always be full of joy in the Lord. I say it again—rejoice!” Philippians 4:4

I. HOW TO LIVE A LIFE OF JOY

1. LIVE A CONSISTENTLY _____

“²⁸The prospect of the righteous is joy, but the hopes of the wicked come to nothing.” Proverbs 10:28

“⁸The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight for living.” Psalm 19:8

“⁹ “I have loved you even as the Father has loved me. Remain in my love. ¹⁰ When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. ¹¹ I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!” John 15:9-11

WHY? Righteous Living Allows For A _____ With Less Anxiety About _____

_____ **or** _____

“¹⁷ But consider the joy of those corrected by God! Do not despise the discipline of the Almighty when you sin.” Job 5:17

“Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight!” Psalm 32:1

KEY: Learn To _____

“¹⁹ Now repent of your sins and turn to God, so that your sins may be wiped away.” Acts 3:19

2. MAINTAIN FAITH IN GOD’S _____

“⁸ Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, ⁹ for you are receiving the end result of your faith, the salvation of your souls.” 1 Peter 1:8-9

“¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

“The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.” Psalm 28:7

WHY? Knowing That My Loving, Heavenly Father Is _____ Is Less

Stressful Than Me Being _____

KEY: Seek God’s Kingdom _____ & Take All Of My _____

“³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” Matthew 6:31-33

“⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7

3. REGULARLY _____

"1 Shout with joy to the LORD, all the earth! 2 Worship the LORD with gladness. Come before him, singing with joy. 3 Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture. 4 Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name." Psalm 100:1-4

WHY? Giving Thanks For What I Have Is The Secret To _____

"11 I have learned how to be content with whatever I have. 12 I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. 13 For I can do everything through Christ, who gives me strength." Philippians 4:11-13

"6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we can take nothing out of it. 8 But if we have food and clothing, we will be content with that." 1 Timothy 6:6-8

KEY: Stop _____

"13 He answered one of them, 'Friend, I haven't been unfair! Didn't you agree to work all day for the usual wage? 14 Take your money and go. I wanted to pay this last worker the same as you. 15 Is it against the law for me to do what I want with my money? Should you be jealous because I am kind to others?'" Matthew 20:13-15

4. SPEND A GENEROUS AMOUNT OF TIME IN _____

"11 You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever." Psalm 16:11

"4 There I will go to the altar of God, to God—the source of all my joy." Psalm 43:4

"8 Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!" Psalm 34:8

WHY? He is El Simchathgali: _____

KEY: Remain _____

"5 "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. " John 15:5

- i. God's Word**
- ii. Prayer**
- iii. Worship**
- vi. Sustained Focus On God**

5. SPEND TIME WITH _____

"12 I have much to write to you, but I do not want to use paper and ink. Instead, I hope to visit you and talk with you face to face, so that our joy may be complete." 2 John 1:12

"7 Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people." Philemon 1:7

"That is why I wrote to you as I did, so that when I do come, I won't be grieved by the very ones who ought to give me the greatest joy. Surely you all know that my joy comes from your being joyful." 2 Corinthians 2:3

WHY? Because God's People _____

KEY: Remain Faithful To _____

"25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." Hebrews 10:25

6. ALWAYS BE _____

“7 You must each decide in your heart how much to give. And don’t give reluctantly or in response to pressure. “For God loves a person who gives cheerfully.” 2 Corinthians 9:7

“9 Blessed are those who are generous.” Proverbs 22:9

WHY? Because Giving _____

“35 You should remember the words of the Lord Jesus: ‘It is more blessed to give than to receive.’” Acts 20:35

KEY: Remember That God Will Bless Me _____

“29 “Yes,” Jesus replied, “and I assure you that everyone who has given up house or wife or brothers or parents or children, for the sake of the Kingdom of God, 30 will be repaid many times over in this life, and will have eternal life in the world to come.” Luke 18:29-30

“17 If you help the poor, you are lending to the LORD— and he will repay you!” Proverbs 19:17

“19 “Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. 20 Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal.” Matthew 6:19-20

7. MAINTAIN A FOCUS OF _____

“45 For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.” Mark 10:45

WHY? Meeting The Needs Of Others Keeps Me From _____

“3 Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves.” Philippians 2:3

KEY: Remember That Serving Others In Jesus’ Name Is _____

“40 And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’” Matthew 25:40

8. SING _____

“16 David also ordered the Levite leaders to appoint a choir of Levites who were singers and musicians to sing joyful songs to the accompaniment of harps, lyres, and cymbals.” 1 Chronicles 15:16

“3 Sing a new song of praise to him; play skillfully on the harp, and sing with joy.” Psalm 33:3

“18 Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, 19 singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts.” Ephesians 5:18-19

WHY? Music Triggers, Creates, & Maintains _____

9. CONSISTANTLY FOLLOW THE _____

“17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.” Romans 14:17

“22 But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control.” Galatians 5:22-23

WHY? The Holy Spirit’s Job Is _____

KEY: _____ My Life & Maintain Constant State of _____

“24 Then Jesus said to his disciples, ‘If any of you wants to be my follower, you must give up your own way, take up your

cross, and follow me.” Matthew 16:24

“¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.” Hebrews 12:1

10. DECIDE DAILY TO _____

“⁴ Always be full of joy in the Lord. I say it again—rejoice!” Philippians 4:4-7

“Always be joyful.” 1 Thessalonians 5:16

“Dear brothers and sisters, I close my letter with these last words: Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you.” 2 Corinthians 13:11

WHY? Like All Mental States, Joy Is _____!

KEY: Focus on _____

“⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8

“¹ Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ²Set your minds on things above, not on earthly things.” Colossians 3:1-2