



Joy is more than just happiness!

Joy is an emotion that we have through our relationship with Jesus. It is a Fruit of the Spirit, a natural outflowing of our relationship Jesus.

There are Things in Life that Try to Take Our Joy From Us

A bad day, a fight with our friends.

Being envious or jealous. All of these things try to take our joy from us.

Philippians 4:4-7

Paul Says to Rejoice in the Lord Always

Don't just rejoice when it's convenient. Don't just rejoice when you're having a good day. Rejoice always! We rejoice because we have joy!

Paul's Three Points of Connection – Joy, Prayer and Peace

Paul says to rejoice in the Lord. That means that your joy comes from Him. You can rejoice because you are "in Christ".

Because you are "in Christ" it means you have a relationship with Him. Having a relationship with God means that you communicate with Him. Communication happens through prayer.

Don't just talk about it, pray about it!

When you have joy and have relationship with God, you can have peace.

Peace, shalom, is more than what we think it is in the United States. It is a wholeness, a completeness, an order to your life!

Putting it Together

You can have joy because you are in relation with God through prayer. Because you are in relation with God, you can have peace.

When you are in relation with God through prayer you have joy in your life. Joy in your life leads to peace.

When you have peace in your life, it leads to joy. And your peace is connected to your relationship with God.

