**Sunday, 27 February 2022**

**Rev. Gary Crowl - The Importance of Joy in the Life of the Christian**

Every believer must understand the importance of living a joy filled life. Today we will learn why a joy filled life is important, how to live a joy filled life, and the benefits of a joy filled life.

1. Romans 14:17 - For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost. (KJV)
   * + 1. Romans 6:4
       2. Eph. 4:24
2. Spiritual Joy is not optional for the Christian – Romans 14:17
3. 1/3 of the Kingdom is Joy - Without this Joy we lack the spiritual motivation and spiritual strength necessary to live the Christian life.
4. Joy is not the result of the absence of problems, it is not connected to feelings, or to what you have or do not have materially.
5. Joy is a product of the recreated human spirit that has the life and the nature of God within it. Comes from within - it is a fruit of our recreated spirit
6. The Christian life cannot be lived the way it should be lived without this kind of Joy.
7. All of us will experience disappointments and opportunities to become discouraged in life.
8. If we live our lives from our emotions – every day will be different – happy, sad, fearful, depressed.
9. We must strengthen our spirit with God’s Word – change our thinking so that our spiritual nature dominates or controls our day-to-day life.
10. The importance of Joy in the Life of the Christian
11. As Christians - what we have and experience in life is connected to our spiritual health.
12. Proverbs 4:23 - Guard your heart more than anything else, because the source of your life flows from it. (GW)
13. Why is Joy so important - How does God's Joy help us in life?
    * + 1. A joy filled Heart gives us strength in times of trouble
    1. James 1:2 - My brothers count *it* all joy when you fall into various trials….., (LITV)
    2. Neh. 8:10 - Today is holy to our Lord, so don't be sad. The joy that the LORD gives you will make you strong." (GNB
    3. Luke 8:13 - Some people are like seeds on rocky soil. They welcome the word with joy whenever they hear it, but they don't develop any roots. They believe for a while, but when their faith is tested, they abandon it. (GW)
       * 1. A Joy filled life is a Healthy Life
         2. Prov. 17:22 - A joyful heart is good medicine, but depression drains one's strength. (GW)
         3. Prov. 15:13 - A cheerful heart brings a smile to your face; a sad heart makes it hard to get through the day. (message)
14. How does living a joy-filled, joy-controlled life change you?
15. It strengthens you when you experience challenges in life
16. It helps produce heath in your body and mind
17. Joy is like any other spiritual reality - it operates best when it is activated. It is activated by what we believe and what we say - When we act on what God’s Word says - then we experience what God’s Word says.

Discussion Questions:

* + - 1. Why is living a joy-filled life important?
      2. How can we live a joy-filled life?
      3. What are the benefits of a joy-filled life?