

April 2, 2023

**Speaker:** Pastor Tim McCardel

**Message Series:** True Christ Followers Have Christ's Joy

Romans 15:1, 2, 5-7, 13, 14

**1. Three Reminders:**

1) "Joy is a settled assurance about God, a quiet confidence in God, and a determined choice to praise God." ~Warren

2) "What we think determines how we act and how we act determines how we feel."

3) "You can't command a feeling but you can command a thought and an action."

2 Corinthians 10:5 "... we take every thought captive to make it obedient to Christ."

⇒ We all need to train ourselves to take thoughts captive with lots of practice.

**Key:** The more you replace your worried/fearful thoughts with what is true about God - the less fear and worry you'll experience.

Colossians 3:2, 3

**TRUTH:** Ultimate joy comes down to something we do: a new way of thinking that changes how we respond to trials in our lives.

Psalms 73:12, 13, 16, 17, 21-28

Psalms 27:1, 4-6, 14

**2. Living and Laughing Together**

Jeremiah 31:13

**Some Necessary Changes:**

1) God Give's Good Gifts: Rediscover Pleasure

1 Timothy 6:17

**Four Choices:** Deny Them: (Buddhism)

Suppress Them (Asceticism)

Indulge Them (Hedonism)

Enjoy Them (Biblical approach)

2) Express Joy & Affection Extravagantly

1 Corinthians 13:13 "Love extravagantly" (Message)

3) The Time Is Now

Galatians 6:10

Hebrews 13:16

Psalms 28:7

Romans 15:13