

Single & Single-Again TUES NITES Meal, Message & Mixer

Joy

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com

Galatians 5:22- *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness...*

God desires each one of us to live under the direction of the **H**_____ **S**_____ in our lives.

Do you have joy in your life?

When we are Christians, Jesus ought to show through. The Bible tells us to be Christ-like.

There is a difference between **J** _____ and **H** _____! The Bible mentions joy over _____ times and happiness only _____ times.

H _____ depends upon what happens to you. If the circumstances are right, then you will be happy.

J _____ comes from inside. You can possess joy even when you are going through a rough circumstance.

Joy is spiritual practice growing out of faith, grace, gratitude, hope and love.

You may not always feel happy, but you can still have joy in your heart because Jesus Christ dwells within you.

Two Options:

1. Maintain or receive that kind of joy today
2. Not maintain it or receive it and allow all the joy suckers to steal it or keep it from you.

Joy sucker = Anyone or Anything that robs you of what God intended you to have.

Things to Think About:

- I. You don't have to lose your joy because of trials in your life

Romans 8:28

"And we know that all things God works for the good of those who love Him, who have been called to His purpose."

Contentment doesn't come when we have everything we want. It comes when we want something and we are willing to wait on God for it.

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Lost joy can be restored

II. How do you get joy back if you have lost it

Proverbs 17:2

“A cheerful heart is good medicine, but a broken spirit saps a person’s strength.”

Here are some keys to joy that God gives:

Gratitude- Thank Him for what He has already given you, instead of complaining about what you don't have.

Compassion- some of you are so wrapped up in your own lives that you miss opportunities God gives you to make an impact in other people's lives.

Giving to others- Real joy comes from God as we give back to others.

You cannot be stingy with God's love. It has to be given away so you can receive more.

Contentment- some of you God can't bless you because you have not learned to be content where He has you right now.

Unselfish, condemning people cannot experience God's real joy because God's joy is based upon overflowing love that is poured out and refilled by the Holy Spirit active in our lives.

III. Forgiveness

If you think you can't do it- right now ask God to help you.

Cry out like David did “create in me a clean heart Oh, God, and renew a right Spirit in me.”

If you have lost the joy of the Lord, get it back!

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Discussion Questions:

Do you have joy in your life?

Have you allowed people to steal your joy away? What was your experience and how might you have changed that now?

Why is it so hard to keep joy in your life when you go through tough circumstances?

If you have lost joy in your life, how might you start to get that back now? Where is this the hardest?

Gratitude- Compassion- Giving to others- Contentment: Which of these is the easiest? Why? Which of these is the hardest? Why?

HELPFUL TIPS for Great Table Discussions

**Each table should have a designated
Table Host.**

Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

- 1. Smile and be friendly.**
Avoid excessive complaining about people or personal problems.
- 2. God's grace rules the day**
Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.
- 3. Moving the discussion along.**
Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.
- 4. Help for the hurting:**
This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.