

Choose Joy!

Wylie United Methodist Church
Pastor Jeff Hatcher – February 6, 2011

Ps 150:1-6

1 Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. 2 Praise him for his acts of power; praise him for his surpassing greatness. 3 Praise him with the sounding of the trumpet, praise him with the harp and lyre, 4 praise him with tambourine and dancing, praise him with the strings and flute, 5 praise him with the clash of cymbals, praise him with resounding cymbals. 6 Let everything that has breath praise the LORD. Praise the LORD.

Proverbs 17:22

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Laughter:

- Reduces pain. Our bodies produce pain-killing hormones called endorphins in response to laughter.
- Strengthens immune function. A good belly laugh increases production of T-cells, interferon and immune proteins called globulins.
- Decreases stress. When under stress, we produce a hormone called cortisol. Laughter significantly lowers cortisol levels and returns the body to a more relaxed state.

Now there is a difference between Joy and Happiness.

- Happiness – tied to Circumstances. A matter of CHANCE.
- Joy – Transcends Circumstances. A matter of CHOICE.

How do you Choose Joy?

1. **DEEPEN YOUR RELATIONSHIP WITH JESUS.**

John 15:4, 11

[Jesus said] 4 Remain in me, and I will remain in you. 11 I have told you this so that my joy may be in you and that your joy may be complete.

Gal 5:22

22 the fruit of the Spirit is love, joy, peace, kindness, goodness, faithfulness, gentleness and self-control.

2. **SET YOUR HEART AND MIND ON THINGS OF GOD.**

Colossians 3:1-2

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

Philippians 4:8

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.”

3. **REPENT OF JOY-ROBBING SIN IN YOUR LIFE.**

Psalm 51:1-12 (King David’s prayer after adultery with Bathsheba)
Have mercy on me, O God, ... blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. Create in me a pure heart, O God, ... Restore to me the joy of your salvation...

4. **STOP WORRYING AND START PRAYING**

1 Thessalonians 5:16-18

16 Be joyful ALWAYS; 17 pray CONTINUALLY; 18 give thanks in ALL circumstances, for this is God's will for you in Christ Jesus.

Phil 4:4, 6-9

4 Rejoice in the Lord ALWAYS. I will say it again: Rejoice! 5... 6 Do not be anxious about anything, but in EVERYTHING, by prayer and petition, with thanksgiving, present your requests to

God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

5. PRAISE GOD IN ALL CIRCUMSTANCES

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