

## August 11,12 2018

“Joy”

John 15,16

Message by Jessica Mitchell

Worship led by Jeff Brown

Music:

This Is Amazing Grace	No Longer Slaves	Great Are You Lord
Grace On Top Of Grace		

Sermon:

Happiness: An emotion that is dependent on good external circumstances.

Joy: An emotion that is independent of circumstances and is determined by an internal source God instilled within us.

“I have told you these things so that you may be filled with my joy. Yes, your joy will overflow!”  
John 15:11

“Neurobiologist have shown that while most brain development stops sometime in childhood, the brains “joy center”—located and observable in the right orbital prefrontal cortex—is the only part of the brain that never loses its capacity to grow.”  
-Jonathan Grant

Joy is a God instilled emotion we must discover, and she rarely travels alone.

“The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple. The commandments of the Lord are right, bringing joy to the heart.”

Psalm 19:8

“When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow.”

John 15:10-11

“It will be like a woman suffering the pains of labor. When her child is born, her anguish gives way to joy because she has brought a new baby into the world. So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy. At that time you won’t need to ask me for anything. I tell you the truth, you will ask the Father directly, and he will grant your request because you use my name. You haven’t done this before. Ask, using my name, and you will receive, and you will have abundant joy.”

John 16:21-24

Do something out of the ordinary to discover joy.

Journal about where joy is already present in your circumstances.

Pray for joy to grow.