

Life on the Vine

Joy

July 13, 2014

This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. As the father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.

Jesus in John 15: 8-11 (TNIV)

Definition of True Joy

True joy, as a fruit of the Spirit, is _____.

Obstacles to avoid

1. The quest for _____.
 - Ecclesiastes 2:1, 9-11
2. The desire for the _____ and _____.
3. _____.

Ways to cultivate true joy in my life

1. Develop a lifestyle of _____.
 - What does that look like?
2. _____.
 - 1 Timothy 6:6-9
 - Hebrews 13:5-6
3. _____.

Life on the Vine

Joy

July 13, 2014

This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. As the father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.

Jesus in John 15: 8-11 (TNIV)

Definition of True Joy

True joy, as a fruit of the Spirit, is _____.

Obstacles to avoid

1. The quest for _____.
 - Ecclesiastes 2:1, 9-11
2. The desire for the _____ and _____.
3. _____.

Ways to cultivate true joy in my life

1. Develop a lifestyle of _____.
 - What does that look like?
2. _____.
 - 1 Timothy 6:6-9
 - Hebrews 13:5-6
3. _____.

Reflect and Respond

- Think about the way I begin most days. What typically happens in the first ten minutes of my day? In the first hour? Does my mind and energy turn immediately to the concerns and pressures of the day ahead. Instead, this week I'm going to begin each day by quietly thanking God for life's seemingly simple pleasures and joys.
- Refocusing what I desire is crucial. Make a list of all my deepest desires (and I need to be honest with myself). Now ask, why do I desire this? Where did I get this desire from? In light of those questions, determine if those desires will bring you closer to God or not.
- What are some tangible things in my life I have simply because I "needed" the latest and greatest? Is there something I can "downsize" to or give away to help break my tendency to want the latest thing?
- Are there things in my garage, attic, basement, or closet that I could give to someone else? What other things can I do to inoculate myself against the "wanting more" bug?
- Who is in my life right now that brings me joy? This week I will call or write that person and tell them how much they mean to me.
- Who can I encourage, pray for, or help today?

O Lord, far be it from me to think that whatever joy I feel makes me truly happy. For there is a joy that is not given to those who do not love you, but only to those who love you for your own sake. You yourself are their joy. Happiness is to rejoice in you and for you and because of you. This is true happiness and there is no other. Those who think that there is another kind of happiness look for joy elsewhere, but theirs is not true joy.

- Augustine

Reflect and Respond

- Think about the way I begin most days. What typically happens in the first ten minutes of my day? In the first hour? Does my mind and energy turn immediately to the concerns and pressures of the day ahead. Instead, this week I'm going to begin each day by quietly thanking God for life's seemingly simple pleasures and joys.
- Refocusing what I desire is crucial. Make a list of all my deepest desires (and I need to be honest with myself). Now ask, why do I desire this? Where did I get this desire from? In light of those questions, determine if those desires will bring you closer to God or not.
- What are some tangible things in my life I have simply because I "needed" the latest and greatest? Is there something I can "downsize" to or give away to help break my tendency to want the latest thing?
- Are there things in my garage, attic, basement, or closet that I could give to someone else? What other things can I do to inoculate myself against the "wanting more" bug?
- Who is in my life right now that brings me joy? This week I will call or write that person and tell them how much they mean to me.
- Who can I encourage, pray for, or help today?

O Lord, far be it from me to think that whatever joy I feel makes me truly happy. For there is a joy that is not given to those who do not love you, but only to those who love you for your own sake. You yourself are their joy. Happiness is to rejoice in you and for you and because of you. This is true happiness and there is no other. Those who think that there is another kind of happiness look for joy elsewhere, but theirs is not true joy.

- Augustine