

# Pursuing Intimacy with God Celebrating Life – Choosing Joy



# We Are Called to Joy

## **John 15:11 ESV**

These things I have spoken to you, that my joy may be in you, and that your joy may be full.

## **Philippians 4:4 ESV**

Rejoice in the Lord always; again I will say, rejoice.

# Joy – A Definition

Great happiness and pleasure that transcends circumstances and is grounded in Jesus Christ and what He has done for us.

What steps can we take to experience a life characterized by Joy?

# Choose Joy Today

This is the day  
that the LORD has made;  
let us rejoice and be glad in it.

- Psalm 118:24

Are we looking for joy in the past, future, or present?

# Celebrate the Simplest Gifts

## **James 1:17 ESV**

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

## **Nehemiah 8:10 ESV**

Then he said to them, “Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength.”

# Remember What Christ Has Done for Us

## **Luke 10:20 ESV**

Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.”

## **Revelation 19:7 ESV**

Let us rejoice and exult  
and give him the glory,  
for the marriage of the Lamb has come,  
and his Bride has made herself ready;

# What Steps Can I Take to Practice?

- Begin Today!
- Spend Time with Joy Givers
- Schedule a “Dee Dah Day”
- Unplug
- Start a Gratitude List