

# The Truth Files

## Joy in a World of Despair

October 13, 2024



*"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"*

Galatians 5:22-23 NLT

## Joy Killers

1. \_\_\_\_\_.

James 4:1-2 (NCV) – "Do you know where your fights and arguments come from? They come from the selfish desires that war within you. You want things, but you do not have them. So you are ready to kill and are jealous of other people, but you still cannot get what you want. So you argue and fight."

James 3:16 (CEV) – "Whenever people are jealous or selfish, they cause trouble and do all sorts of cruel things."

2. \_\_\_\_\_.

Hebrews 12:15 (TLB) – "Watch out that no bitterness (resentment AMP) takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives."

Proverbs 17:9 (CEV) – "You will keep your friends if you forgive them, but you will lose your friends if you keep talking about what they did wrong."

3. \_\_\_\_\_.

Proverbs 12:25 (ERV) – "Worry takes away your joy,"

1 John 4:18 (MSG) – "There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love."

### FEAR MAKES ME:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

NOTES:

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## Joy Fillers

1. Focus on \_\_\_\_\_ rather than \_\_\_\_\_.

Acts 20:35 (GNT) – "The Lord Jesus himself said, 'There is more happiness in giving than in receiving.'"

2 Peter 1:6-7 (TLB) – "Learn to put aside your own desires so that you will become patient and godly... This will make possible the next step, which is for you to enjoy other people and to like them, and finally you will grow to love them deeply."

2. Focus on \_\_\_\_\_ rather than \_\_\_\_\_.

Colossians 3:13 (TLB) – "Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others."

Romans 5:3-4 (PHILLIPS) – "We can be full of joy here and now even in our trials and troubles. These very things will give us patient endurance; this in turn will develop a mature character,"

3. Focus on \_\_\_\_\_ rather than \_\_\_\_\_.

Psalms 62:8 (GNT) – "Trust in God at all times. Tell him all your troubles, for he is our refuge."

Psalms 56:3 (TLB) – "When I am afraid, I will put my confidence in you. Yes, I will trust the promises of God."

Philippians 4:4 (GW) – "Always Be Joyful. Always be joyful in the Lord! I'll say it again: Be joyful!"

### HOW?

1. I can be joyful because \_\_\_\_\_.

Isaiah 43:2-3 (GNT) – "When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you. For I am the LORD your God, the holy God of Israel, who saves you"

Psalms 50:15 (TLB) – "I want you to trust me in your times of trouble, so I can rescue you and you can give me glory."

2. I can be joyful because \_\_\_\_\_.

Psalms 50:15 (TLB) – "I want you to trust me in your times of trouble, so I can rescue you and you can give me glory."

3. I can be joyful because \_\_\_\_\_.

Psalms 43:5 (TLB) – "Why be so gloomy and discouraged? Trust in God! I shall again praise him for his wondrous help; he will make me smile again, for he is my God!"

*"Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full."*

John 16:24 (NKJV)