

# LESSONS AT HOME: JOY AND REJOICING

## FAMILY AND MINISTRY SERIES PART X

*"Rejoice evermore."*

*~ 1 Thessalonians 5:16*

### 1. Preface

- a. These lessons describe ministry you should be learning at home. Why?
  - i. People know part of "Sunday best" is a smile, even if it is not genuine.
  - ii. A pure heart, good conscience, faith unfeigned starts at home - 1Ti 1:5, 2Ti 1:3-5
- b. You can receive in Christ what your family failed to provide - Rom 5:8, 15:13

### 2. Happiness: the chief pursuit failure of mankind

- a. Happiness ~def. 1) Luck, fortunate, good circumstances, turning out well.
  - i. Happily, perhaps, peradventure - but Acts 17:27, Phm 15, Exo 13:17
  - ii. 2) The enjoyment of good, or gratification of desires.
- b. The opposite of happiness: heaviness, depression, malaise, loneliness, boredom
- c. 22% are lonely, only 1 in 3 are happy - causing sickness, shorter life, violence.
- d. Marie Kondo method (animism): holding something, see if it gives you joy, clean.
- e. Why can't people find it? Discontent, failure, death, sickness, busy-ness, lack of success

### 3. You Have Heard It Said

- a. Joy ~def. the delight of the mind, gladness, pleasure from something you love - 1Pe 1:8
- b. Rejoice ~def. to experience, exalt, and express your joy - 1Pe 4:13, John 14:28, 15:11
- c. "*joy unspeakable*" "*oil of gladness*" "*mourning into joy*" "*happy is he*" "*joy of the Lord*" "*tidings of great joy*" "*joy... over one sinner that repenteth*" "*eat, drink, be merry*"
- d. Not all happiness, joy, rejoicing is good → Jam 4:16, Lk 8:13, 10:20, Jn 16:20, 22, Ac 7:41

### 4. God Gives Joy

- a. "*Happiness and joy are different. Happiness is fleeting, Christians have joy.*"
  - i. Truth → Christians should know the grace of God which brings eternal glory
  - ii. Joy in the Lord and you can always rejoice in him - Hab 3:13, Phil 3:1-3
- b. Knowing God and the ways of life brings joy - Ps 16:11, 119:162, Acts 2:28, 41
- c. The fruit of the Spirit (who dwells in you) is joy - Galatians 5:22, Rom 14:17
- d. By God's grace, we can joy in things we could not before - Ro 5:2, 3, 11, 12:12, 1Co 15:31
- e. Christians can find joy and happiness in times of affliction - 2 Co 6:10, 7:4, 8:2, Co; 1:11
- f. Happiness/joy begins from the inside out as a matter of faith (thinking/repentance)

### 5. How to Rejoice

- a. Psychologists say: don't ... look back, envy, exaggerate, be perfect, focus on yourself
  - i. Marriage, gratitude, meetings w/ likeminded, Bible reading increase happiness
- b. Joy comes from walking by faith in sincerity - Rom 15:13, 2 Cor 1:12, 5:7
- c. Rejoice! (the command) - Phi 4:4, 1 Th 5:16
- d. Give thanks (and trust not in riches) - 1 Th 3:9, 5:17, 1 Tim 6:17, Acts 20:35
- e. Abound in love (in knowledge and judgment) - 1 Cor 13:6, Phi 1:9, Phm 7, 20
- f. Value his purpose, not your plans → Rom 8:28, 2 Cor 4:15-17, 1 Tim 6:6
- g. Seek the strength and power of Christ (not yourself) - 2 Cor 12:9-10
- h. See people as a joy and crown of rejoicing - Phi 1:25, 2:2, 2:16, 4:1, 1Th 2:19-20, 2Ti 1:4
- i. Increase your faith, increase your love; increase your love, increase your joy.