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the practice of joy*

*(Part 1)*

# A central characteristic of a follower of Jesus is Joy

- Seeking the Kingdom, is seeking God's rule and reign of our hearts.
- The Kingdom of God is righteousness, peace, and joy in the Holy Spirit.
- Joy is relational and is experienced in connection to God & others.
- Joy is from God and is available in all circumstances.
- We are made for joy. It is essential for transformation and true fulfillment.

## Numbers 6:24-26

“The Lord bless you and keep you the Lord  
make his face shine on you and be gracious to  
you; the Lord turn his face toward you and give  
you peace.”

## Luke 1:39-45

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39 At that time Mary got ready and hurried to a town in the hill country of Judea, 40 where she entered Zechariah's home and greeted Elizabeth. 41 When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. 42 In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! 43 But why am I so favored, that the mother of my Lord should come to me?"

## Luke 1:39-45

44 As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. 45 Blessed is she who has believed that the Lord would fulfill his promises to her!" 46 And Mary said: "My soul glorifies the Lord 47 and my spirit rejoices in God my Savior, 48 for he has been mindful of the humble state of his servant.

# Practicing Joy

## *Learning to choose joy*

- Your desire and need for joy is from God , and Jesus wants you to experience more and more joy
- Joy is relational so you it will be experienced in your connection and presence with God and others
- Gratitude opens your eyes to see and your heart to receive joy
- Joy is found in your past, present and future

# Invitation

*Experiencing God's joy from your past, present, and future*

Practice non-verbal gratitude 5 minutes each day this week:

- Sit alone for five minutes and welcome the Holy Spirit.
- Reflect on the past, present or future, think of what has brought you joy in the past.
- When something is highlighted, reflect on it with gratitude and take in the joy of that moment.
- When you're done put a short name to that joy and write it down.