

20 THINGS YOU SHOULD KNOW ABOUT JOY



Being a #TeachTuesday Presentation
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Proverbs 15:13

A **joyful** heart makes a
cheerful face, But when the
heart is sad, the spirit is broken.

1

‘This is not where I am supposed to be in life!’



MAINTAIN PERSPECTIVE

Proverbs 4:25

“Let your eyes look directly forward, and your gaze be straight before you.”

2

‘Why should others have it easy, and I am here struggling?’

BE CONTENT

Ecclesiastes 5:10

“He who loves money will not be satisfied with money, nor he who loves abundance with its income. This too is vanity.”

Quran, 20:131

“And do not extend your eyes toward that by which We have given enjoyment to [some] categories of them, [its being but] the splendor of worldly life by which We test them. And the provision of your Lord is better and more enduring.”



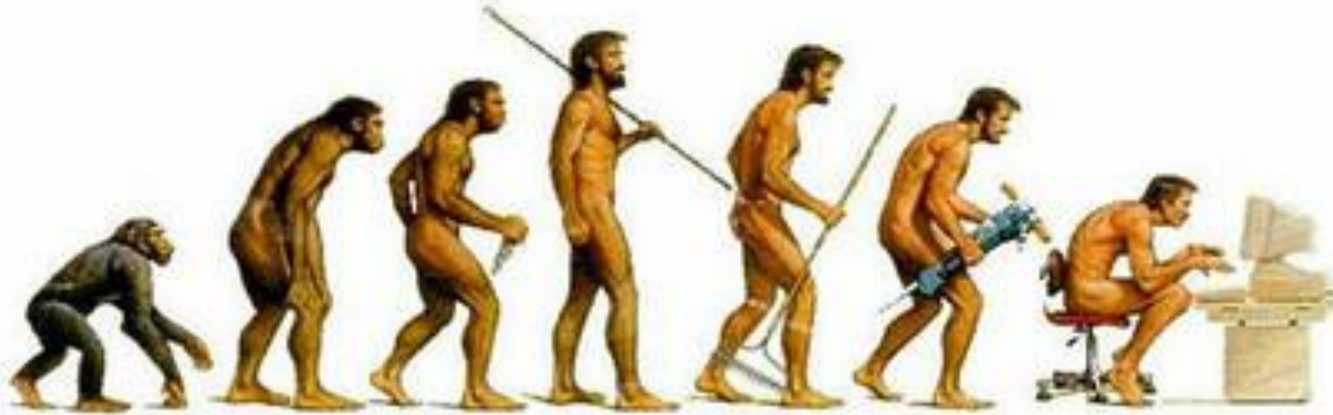


‘But why are things so hard?’

EXPECT BATTLES

Proverbs 24:10

“If you fail in the day of adversity, your strength is small.”



4

‘Why is she so hard on me?’



UNDERSTAND DISCIPLINE

Proverbs 13:24

“Those who love their children care enough to discipline them.”

5

‘Why must it always be me?’



BE STRONG

1 Corinthians 10:13

“No temptation has overtaken you that is not common to man.”

6

‘If only I was like her.’

I am me!



HAVE A CORE

1 Corinthians 1:5

“Examine yourselves...
prove your own selves.



7

'It's too far – I can't see the benefit now.'



LONG TERM VISION

Matthew 24:13

“But the one who endures to the end will be saved.”



'I am just tired of everything.'



LOVE LIFE

Ecclesiastes 3:12-13

"I perceived that there is nothing better for them than to be joyful and to do good as long as they live; also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man."

9

‘No one should tell me anything – I am not listening.’



Are you listening?

LISTEN TO COUNSEL

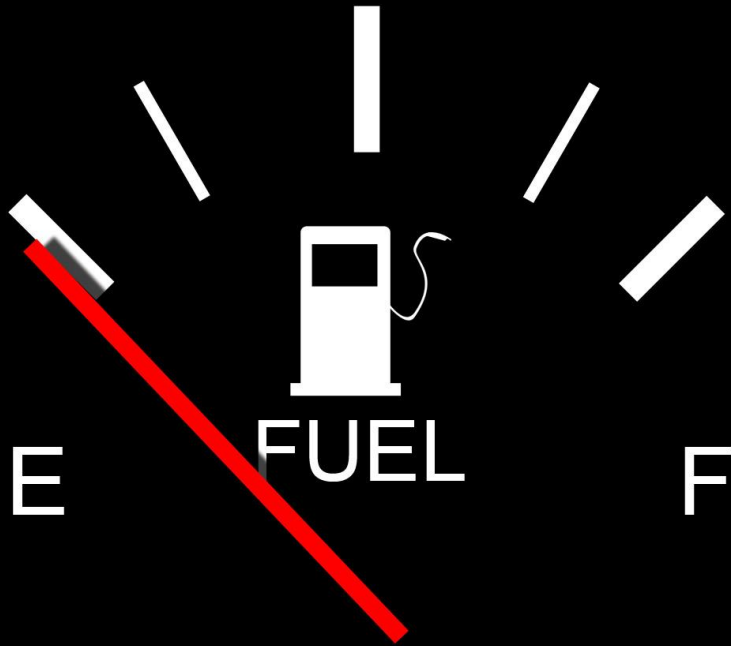
Proverbs 12:15

“A fool's way is right in his own eyes, but whoever listens to counsel is wise.”

Proverbs 15:22

“Plans fail for lack of counsel, but with many advisers they succeed.”

10 'I can't do more than myself.'



DIE EMPTY

Matthew 25:14-30

“For it will be like a man going on a journey, who called his servants and entrusted to them his property. To one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. He who had received the five talents went at once and traded with them, and he made five talents more. So also he who had the two talents made two talents more. But he who had received the one talent went and dug in the ground and hid his master's money.”

11a 'I will just do my own and go.'

GO TO BED EMPTY

Proverbs 22:29

"Seest thou a man diligent
in his works, he shall stand
before kings, not mere
men."



116 'What if I end up a failure?'

PURSUE INNER PEACE

Philippians 4:6-7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

But what if
I fail?

We all get
to laugh
at you.



@hush

12

'I have done too many bad things – I am not a good person.'

LOVE YOURSELF

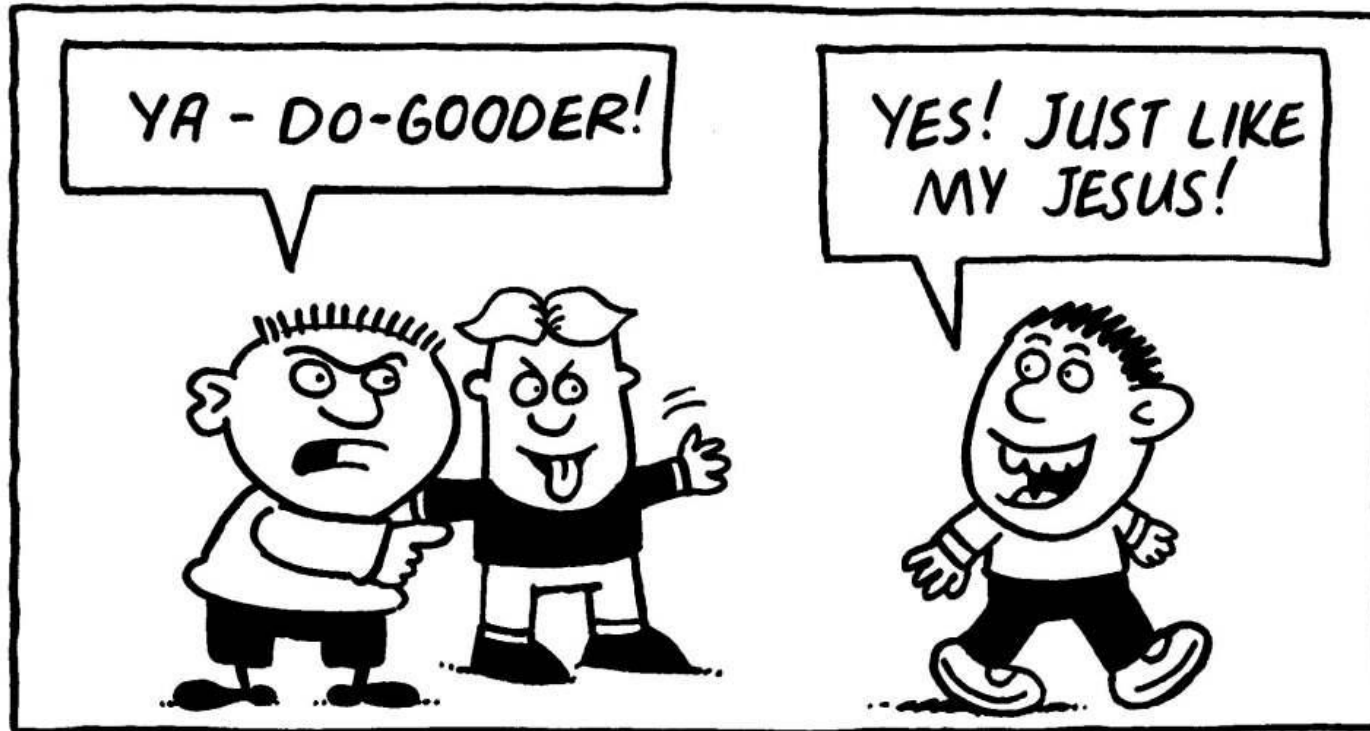
Hebrews 12:15

"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled."



13

'People don't appreciate when you do things for them.'



DO GOOD

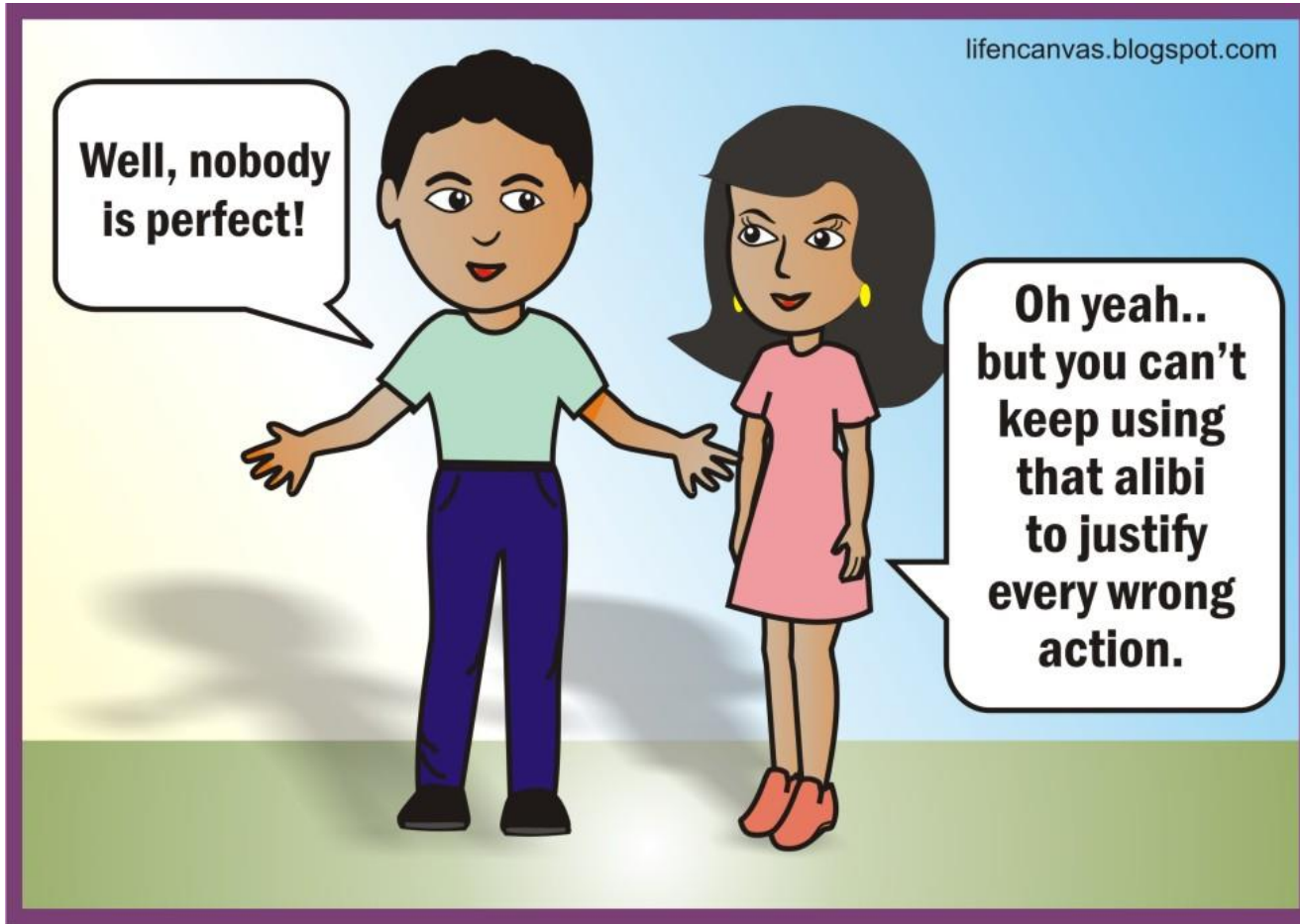
Galatians 6:9

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

Quran 55:61

The reward of goodness is nothing but goodness.

14 'Nobody is perfect jo.'



AVOID UGLY

Psalm 1:1-6

"Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away."

15 'I just want to be happy'



JOY NOT PLEASURE

Ecclesiastes 2: 1 – 11

"I said to myself, "Come now, I will test you with pleasure to find out what is good." But that also proved to be meaningless."

Quran 76:27

"As to these, they love the fleeting life, and put away behind them a Day (that will be) hard."

16

'I don't have any friends – I can be by myself.'

TRUE FRIENDSHIP

Proverbs 17:17

“A friend loves at all times, and a brother is born for adversity.”



17 'I trust no one.'

HAVE FAITH REGARDLESS

Proverbs 17:9

“Love prospers when a fault is forgiven, but dwelling on it separates close friends.”



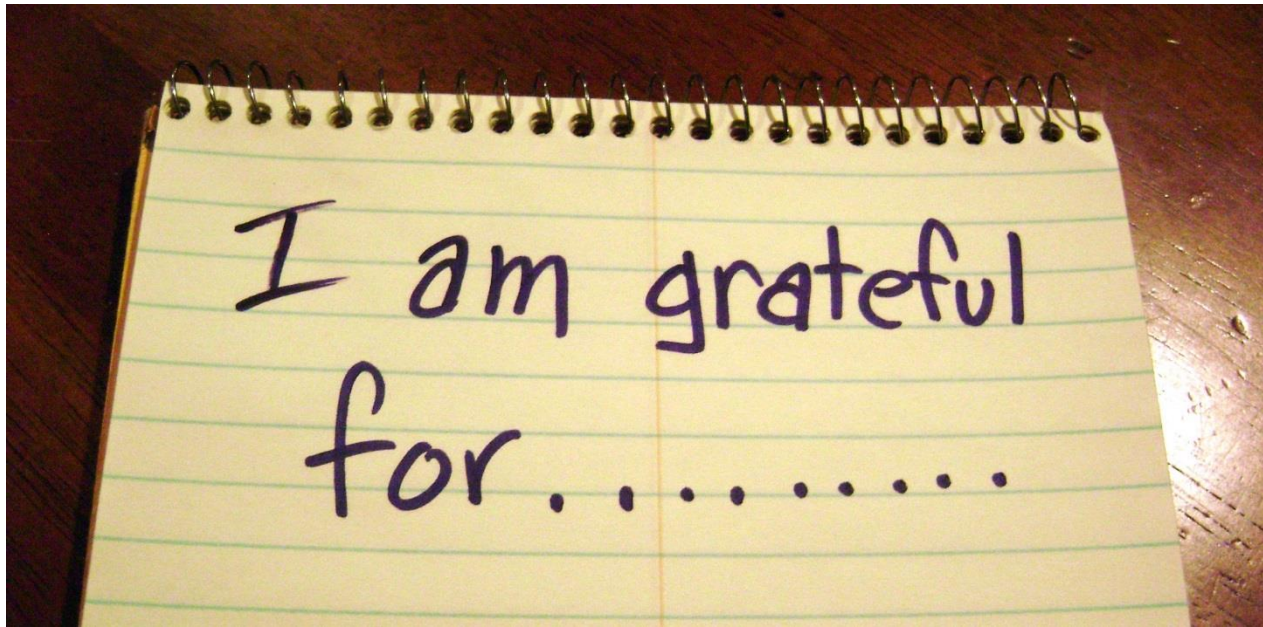
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‘What is there to say thank you for?’

HAVE A GRATEFUL HEART

Psalm 9:1-2, ESV

“I will give thanks to
the lord with my whole
heart, I will recount all
of your wonderful
deeds.”



19

'I don't have time for relationships.'



"Okay, but not in person —
I prefer *on-line* dating."

WE ALL NEED LOVE

Genesis 29:20

"So Jacob worked seven years to pay for Rachel. But his love for her was so strong that it seemed to him but a few days."

Proverbs 30:18-19

"There are three things that amaze me—
no, four things that I don't understand:
how an eagle glides through the sky,
how a snake slithers on a rock,
how a ship navigates the ocean,
how a man loves a woman."

20 'Does God really care?'

GREATEST LOVE

Matthew 22:37–39

“Jesus said to him, 'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself.'”



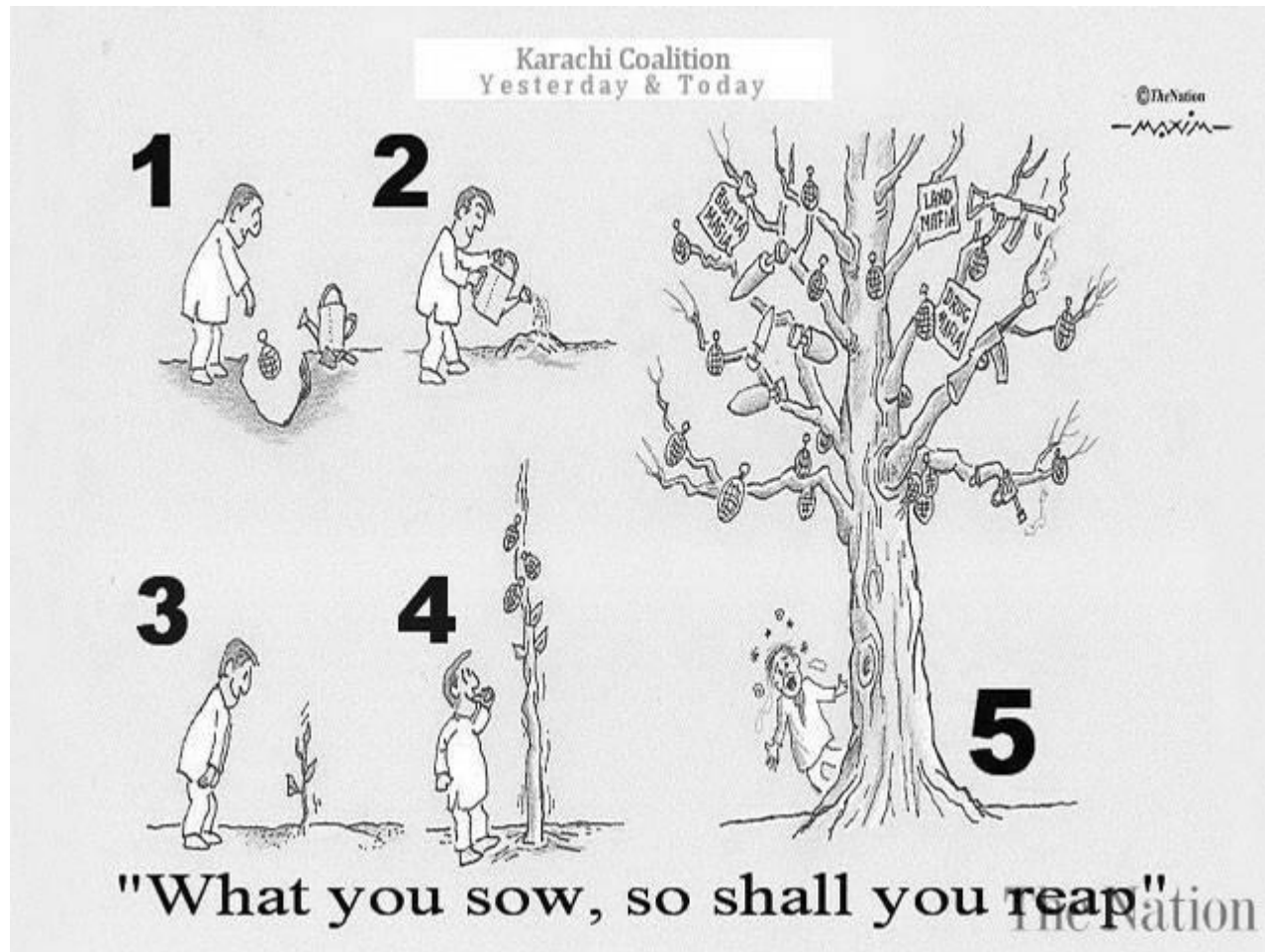
No one has it all figured out, but the principles are still true

Philippians 3:12

“I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me.”



DON'T FORGET – JOY TAKES TIMES | You **sow** to reap

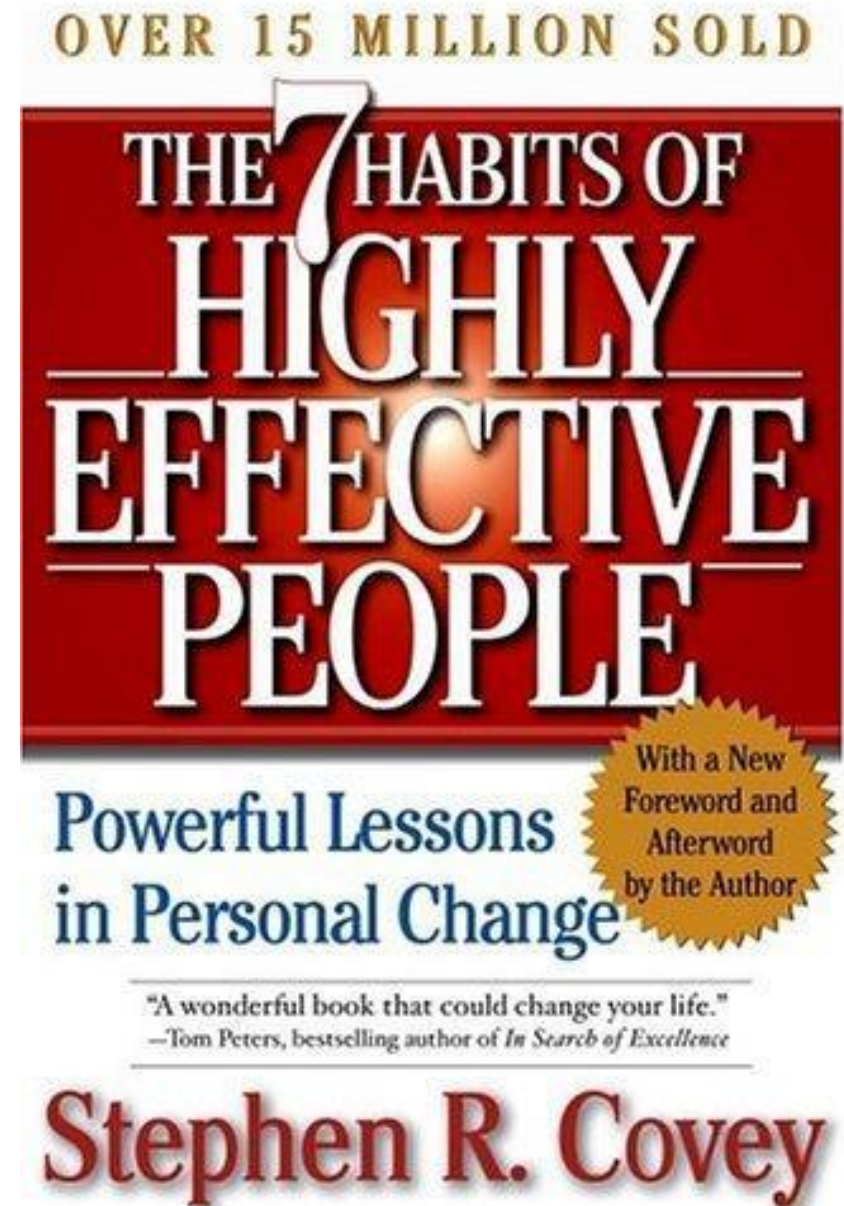


- Matthew 13: 13 – 38
- The Parables of Jesus

Galations 6:9

Let us not become weary in doing good,
for at the proper time we will reap a
harvest if we do not give up.

Recommended Reading





**CHOOSE JOY
EVERYDAY**