

Joy to the World

(Luke 2:8-10) “And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, ‘Do not be afraid. I bring you good news of great joy that will be for all the people.’”

(Ecclesiastes 3:1, 4) “There is a time for everything and a season for every activity under heaven...a time to laugh.”

(Psalm 2:3) “The One enthroned in heaven laughs.”

Two Sizes Too Small?

(Proverbs 4:23) “Above all else, guard your heart, for it is the wellspring of life.”

(2 Timothy 3:1-3) “But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving...”

✓ _____.

✓ _____.

✓ _____.

✓ _____.

(John 10:10) “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Laugh Often

(Nehemiah 8:10) “...the joy of the Lord is your strength.”

(Proverbs 17:22) “A cheerful heart is good medicine...”

1. _____ every day.

(Hebrews 12:1) “Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

(Psalm 19:14) “May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.”

2. Develop a _____ for life.

(1 Thessalonians 5:18) “Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

(Romans 8:28) “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

3. _____ positive in everything.

(Philippians 4:8) “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.”

4. Turn everything _____.

(Philippians 4:6-7) “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

(1 Peter 5:7) “Cast all your anxiety on him because he cares for you.”

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✓ Ungrateful.

✓ Unholy.

✓ Unloving.

✓ Unforgiving.

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Laugh Often

(Nehemiah 8:10) “...the joy of the Lord is your strength.”

(Proverbs 17:22) “A cheerful heart is good medicine...”

1. Make the choice every day.

(Hebrews 12:1) “Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

(Psalm 19:14) “May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.”

2. Develop a high appreciation for life.

(1 Thessalonians 5:18) “Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

(Romans 8:28) “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

3. Find something positive in everything.

(Philippians 4:8) “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.”

4. Turn everything over to God.

(Philippians 4:6-7) “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

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