



SEVEN DAYS TO INCREASE YOUR JOY IN CHRIST

Joy is one of the most powerful forces in the entire world!

Joy has the power to keep us from falling into worldly temptations and it can also keep us from being overwhelmed by the trials of this life. Not only is the "joy of the Lord" our strength (Nehemiah 8:10), it is also what the watching world desperately needs to see in the church. The world needs a visible demonstration of just how amazing the good news of Jesus Christ truly is. Few things give this demonstration better than followers of Jesus who are overflowing with joy. Yet we need to be told the truth, we are going to have to learn to fight for this joy every single day.

Inside you will find a simple plan to increase your joy in Christ over the course of one week and an idea of how to find ever increasing joy in Christ for the rest of your life!

MONDAY

Read Romans 5:1-5.

What reasons does Paul give us for being able to rejoice even while we are suffering?

Can you think of some specific ways that hardships have made you more like Jesus?

Spend a few moments in prayer praising God that even in the middle of the hard times of life he is molding you into the image of his Son Jesus Christ.

TUESDAY

Read Acts 16:16-34

How do you think you would have reacted if you were in prison after being beaten with rods?

What do you think is the secret to Paul's joy?

Spend a few minutes just praising God that he is worthy of your worship even when life is really hard. Also Ask God to make you the kind of person that is joyful (in Christ) regardless of the circumstances of life.

WEDNESDAY

Read Philippians 3:7-11

What would you say is Paul's secret to experiencing joy?

Write down a 2-3 things that you could do to help you experience joy in everyday life.

Spend some time praising God for all the reasons you have to be joyful.

THURSDAY

Read Psalm 51:1-12

What do you think caused David to lose his joy?

Here are a few things that can kill our joy: 1) not spending time in the Word and in prayer 2) ongoing sin 3) having the wrong focus or ambitions in life 4) bitterness or unforgiveness 5) an ungrateful attitude 6) trying to do the Christian life on your own, not being in meaningful Christian community 7) busyness and distractions

What are a few things in your life that are keeping you from experiencing joy?

Spend time in prayer and ask God to give you the strength to let go of anything that is keeping you from experiencing the joy of the Lord. You are going to have to be willing to fight for your joy, are you ready to do that?

FRIDAY

How do you think God feels about you? Happy? Sad? Disappointed? Angry?

Often times we have a very poor, unbiblical perception of what God actually thinks and feels about us! Let's turn to God's Word to see how God really feels about us!

Read Zephaniah 3:17

This verse is absolutely amazing! This verse reveals that God loves his children so much that he joyfully sings over them.

How does that make you feel?

Say this out loud, "God loves me, rejoices in me, and he sings over me."

Take some time in prayer and ask God to help you deeply believe that he loves you so much that he sings over you. Then, spend time with God thanking him for loving you so much.

SATURDAY

Take some time either by yourself or with your family and pray for church services that will be taking place on Sunday morning.

- Ask that the Holy Spirit would be at work in a powerful way.
- Ask God to be at work in you and your family in such a way that that you can worship on Sunday with a joyful heart.

SUNDAY

On your way to church pray for your heart, the worship service, and that God would be at work in a powerful way. Ask God to help you sing with a heart filled with joy.

After church take some time to write down three things you want to do to increase your daily joy in Jesus Christ:

-
-
-

The greatest need of the hour is a revived Church. Nothing is more important... than that we should be delivered from a condition which gives other people looking at us, the impression that to be a Christian means to be unhappy, to be sad, to be morbid, and that the Christian is one who "scorns delights and lives laborious days"... Christian people too often seem to be perpetually in the doldrums and too often give this appearance of unhappiness and lack of freedom and of absence of joy. There is no question at all but that this is the main reason why large numbers of people have ceased to be interested in Christianity.

—Martyn Lloyd-Jones



NEW LIFE
CHURCH

making disciples of Jesus

1530 N HWY 20
WATERTOWN, SD 57201
605-886-1977
www.newlifeefree.org