

Making Relationships Last a Lifetime- Part 2 "THE SECRET OF JOY"

JOY = the positive **confidence** I feel from knowing and **trusting** God, regardless of circumstances.

3 RELATIONAL KILL JOYS

1. **SELFISHNESS**

"Where do all the fights and quarrels among you come from? They come from your desires. . . which are constantly fighting within your bodies. . . you strongly desire things but you cannot get them, so you quarrel and fight." James 4:1-2 (GN)

2. **RESENTMENT**

"Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives." Heb. 12:15

3. **FEAR**

"An anxious heart weighs a man down. . ." Prov. 12:25

". . .fear always contains some of the torture of feeling guilty. The one who lives in fear has not yet had love perfected." 1 John 4:18 (Ph)

ANTIDOTES TO RELATIONAL KILL JOYS

1. Focus On **Giving** Rather Than **Receiving**

"There is more happiness in giving than receiving." Acts 20:35

"Learn to put aside your own desires so that you will become patient and Godly. . . this will make possible the next step, which is for you to enjoy other people and like them, and finally you will grow to love them deeply." 2 Pet. 1:7 (LB)

2. Focus On **Healing** Rather Than **Hurting**

"Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others." Col. 3:13 (LB)

"We can be full of joy here and now, even in our trials and troubles. These very things will give us patient endurance; this in turn will develop a mature character. . ." Rom. 5:3-4 (Ph)

3. Focus On God's **Power** Rather Than **My Problems**

"Trust in God at all times. Pour out your hearts to him, for God is our refuge." Ps. 62:8

"Always be full of joy in the Lord; I say again, rejoice." Phil. 4:4 (LB)

Be Joyful at All Times. . .

- Because God Is **With Me**

"When you pass through deep waters I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you. For I am the Lord your God!" Isa. 43:2 (GN)

- Because God Has A **Plan** For Me

"I want you to trust me in your times of trouble so I can rescue you and you can give me glory." Ps. 50:14 (LB)

- Because God Will **Help Me**

"Why be so gloomy and discouraged? Trust in God! Then I shall praise Him for His wondrous help; He will make me smile again." Ps. 43:5 (LB)

