

**“REAL JOY”**  
Philippians 4:4

Psalms 103:14-15; 90:10

Do you have a case of chronic joy?

**1. WHAT IS JOY?**

See 2 Cor 12; Heb 11:25

*“Biblical joy is choosing to respond to external circumstances with inner contentment and satisfaction, because we know that God will use these experiences to accomplish His work in and through our lives.”*

**Underline the key words in this definition.**

**2. WHERE DO I FIND JOY?**

What do these passages tell us about pleasure: 2 Tim 3:4; Ecc 2:1-11; Lk 14:13; Titus 3:8; 1 Tim 5:6

**Pillars of Joy**

- A. Being a \_\_\_\_\_ in Christ – See Phil 1:1
  
- B. Being a \_\_\_\_\_ of Christ – See 1 Cor 7:20-24; 1 Pt 1:18-19; Jn 15:11; Eph 5:18; Gal 5:22-23
  
- C. Being an \_\_\_\_\_ of the Body of Christ – See Rom 12; 1 Cor 7, 12; Eph 4; 1 Pt 4

**3. WHAT CAUSES A LACK OF JOY?**

- A. Not having experienced \_\_\_\_\_ which produces it
  
- B. \_\_\_\_\_ sin in your life (Ps 32; 51:12)
  
- C. Wrong \_\_\_\_\_ mentally & spiritually (Phil 2:14)