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## My Message Notes

Joy is difficult especially if you're trying to attain it on your own. You can plan for it and pursue it but if you're not practicing the behaviors and attitudes that allow the Spirit free reign in your life you won't experience it like you hope. But by practicing these behaviors in your daily life you'll give the Spirit greater access to your life, mind and heart (and 🧠) so that you can experience joy as a fruit of the Spirit's work in your life to a much greater degree.

# Joy FULL 3 - The PRACTICE Of Joy

**Joy is not a product of where you've been, but where you're going.**

Do you have more joy preparing for vacation or on vacation? When you're luggage get's lost, you drop your phone in the river or get sick at the fancy restaurant... or when you get home and you're exhausted but have to go back to work... In which season is there more joy?

**Bottom Line:**

**If you want to experience joy in your life you're going to have to pursue the Spirit's presence in your life.**

This is critical if we're going to experience lasting joy.

### **Philippians 3:1-3 NIV**

1 Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you.

2 Watch out for those dogs, those evildoers, those mutilators of the flesh.

3 For it is we who are the circumcision, we who serve God by his Spirit, who

boast in Christ Jesus, and who put no confidence in the flesh—

## If Jesus is FIRST joy will FOLLOW

### **Philippians 3:4-11 NIV**

4 though I myself have reasons for such confidence. If someone else thinks they have reasons to put confidence in the flesh, I have more:

5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee;

6 as for zeal, persecuting the church; as for righteousness based on the law, faultless.

7 But whatever were gains to me I now consider loss for the sake of Christ

8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ

9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.

10 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death,

11 and so, somehow, attaining to the resurrection from the dead.

To look more like Jesus you've got to lose more of yourself

### **Philippians 3:12-14, 16 NIV**

12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.

13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

16 Only let us live up to what we have already attained.

Keep pressing on instead of holding on

### **Philippians 3:18-20 NIV**

18 For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ.

19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.

20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,

Spiritual disciplines help us overcome our physical deficits

What do you need to be willing to lose in order to gain Jesus?

What do you need to stop holding onto (from your past) so you can grab more tightly to Jesus?

What spiritual disciplines do you need to establish in order to overcome your physical deficits in faith?

## **JOY comes from JESUS**

**What is God speaking to you about today? add a note**



We want you to know that you matter to God and us.

If you think you might be ready to make Real Life YOUR church home then Pizza with the Pastor is your Next Step. It's a casual conversation designed for newcomers to Real Life and you can register right [HERE](#) right now. It happens on Sundays following the morning service and you can see the schedule by clicking the link above.

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