

joy



# Are you joyful?



- What makes you happy?
- How often you feel happy?
- Are you a happy person?  
Are you a joyful person?

**What made you unhappy?**



# What made you unhappy?

- Failed the car driving tests
- My car got hit and run
- Interviewed hundreds time, still can't get a job
- My pay is low
- My boss and colleagues don't like me
- My English is bad
- My marriage not works well
- Had to leave my home country, UK is cold and boring
- My beloved one died
- and more and more.....

# I thought.....

Being a Christian

I have a big boss !!

- warm & fussy all the time
- no pain
- no worries
- no affliction
- all happy
- all easy
- all comfort
- all smooth



# The truth is.....

Christianity is never easy

- Love the people you don't like
- Humble yourself
- Not attached to the worldly fame and fortune
- Got mocked and bullied when not gang up

**Christianity is not meant to “satisfy my wants & desires”**

- **Happiness is a fleeting emotion.**
- **Joy that is deep and everlasting. An unshakable peace and gladness in our hearts despite the circumstances.**
- **Hope and strength to face the adversities**

# What is the key?

- Outside Jesus, we can only have momentary pleasures
- Only in Him can we have real, deep and unmovable peace and joys

腓4:4-7

4 你們要**靠主常常喜樂**。我再說，你們要喜樂。.....

6 應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。

7 神所賜出人意外的平安必在基督耶穌裏保守你們的心懷意念。

Philippians 4:4-7 (NIV)

4 **Rejoice in the Lord always.** I will say it again: Rejoice!

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# Rejoice in Worship

- offering our whole selves to God in joy, reverence, adoration, and thanksgiving
- Inward attitudes and outward expressions

Psalm 16:11 (ESV)

You make known to me the path of life;  
**in your presence** there is **fullness of joy**; at your right hand are pleasures forevermore.

詩16:11

你必將生命的道路指示我，**在你面前(或：同在中)有滿足的喜樂**，在你右手中有永遠的福樂。

# Rejoice in Fellowship

- The believers' fellowship is the greatest joy on earth"  
信徒的相交，是地上最大的喜樂！



# Rejoice in Fellowship

- “The believers’ fellowship is the greatest joy on earth” 信徒的相交，是地上最大的喜樂！
- When we serve together, build together, sacrifice together, the Holy Spirit will pour down His joys

Philippians 2:17-18 (NIV)

<sup>17</sup> But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. <sup>18</sup> So you too should be glad and rejoice with me.

<sup>17</sup> 你們的信心就是獻給神的事奉和祭物，即使在上面澆奠我的生命，我也很喜樂，並且和你們大家一同喜樂。<sup>18</sup> 同樣，你們也要喜樂，要和我一同喜樂。

# Rejoice in Hardship

- Story of a young sister (a mother of 9 months baby)



fool. (Luke 12:16-21)

<sup>20</sup> “But God said to him, ‘You fool! **This very night your life will be demanded** from you. Then who will get what you have prepared for yourself?’ <sup>21</sup> **“This is how it will be with whoever stores up things for themselves but is not rich toward God.”**”

<sup>20</sup> 無知的人哪! 今天晚上你的靈魂必被取去，你所預備的要歸給誰呢？ <sup>21</sup> 凡為自己積財，在神面前卻不富足的，也是這樣。

# Rejoice in Hardship



Lamentations 3 (NIV)

32 Though he brings grief, he will show compassion, so great is his unfailing love.

33 **For He does not willingly bring affliction or grief to anyone.**

哀3:32-33

主雖使人憂愁，還要照他諸般的慈愛發憐憫。

**因他並不甘心使人受苦，使人憂愁。**

# Look back

- What did David say when he saw Goliath?

<sup>35</sup> I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. <sup>36</sup> Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. <sup>37</sup> **The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.**”



# Enemies shake us, lie to us, sow the seeds of doubts,.....

- **Praise the LORD, my soul,  
and forget not all his  
benefits**

我的心哪，你要稱頌耶和華，不可忘記他的一切恩惠。 (Ps 103:2)

Good or bad, favorable or unfavorable, gain or loss,....

All for you to experience  
God's love, grace, mercies  
and faithfulness.



# Look up!

- Fix our eyes on the Promise Keeper
- In His **Way**, In His **Time**, in His **Love**

# Look back and Look up!

## 1 Peter 1

6 因此，**你們是大有喜樂**；但如今，在百般的試煉中**暫時憂愁**，  
7 叫你們的信心既被試驗，就比那被火試驗仍然能壞的金子更顯寶貴，可以在耶穌基督顯現的時候得著稱讚、榮耀、尊貴。  
8 你們雖然沒有見過他，卻是愛他；如今雖不得看見，**卻因信他就有說不出來、滿有榮光的大喜樂**；

6 In this you **greatly rejoice**, though now for a little while you may have had to suffer grief in all kinds of trials.

7 These have come **so that your faith--** of greater worth than gold, which perishes even though refined by fire-- **may be proved genuine and may result in praise**, glory and honour when Jesus Christ is revealed.

8 Though you have not seen him, you love him; and even though you do not see him now, you believe in him and **are filled with an inexpressible and glorious joy**

# That's God's will for you

1 Thes 5:16-18

16 Rejoice always,

17 pray without ceasing,

18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

16 要常常喜樂

17 不住地禱告，

18 凡事謝恩；因為這是上帝在基督耶穌裏向你們所定的旨意。



**Pray + Thanksgiving = REJOICE**