



# MESSAGE NOTES

## JOY

Jeremiah 32: 38-41 James Brown

### **The importance of joy**

The word joy is mentioned 218 times in the Bible, it is a major theme. God created us to take delight in us and we were created to delight in God. And just like we are commanded to love in the Bible we are also commanded to be joyful:

**Philippians 4:4 Rejoice in the Lord always; again I will say, rejoice.**

The fact that we are commanded to do this by our loving heavenly father means three things; it's a choice, it's essential and it's not impossible. No loving father would ever command his children to do something they have no control over or that he knows is impossible. God, like any human father, commands His children to do only what He knows is best for them, He then draws alongside them helping them every step of the way to fulfil this command. God wants nothing more than for us to be filled with joy because He loves us so much.

### **Real joy**

We're talking about real lasting permanent joy. Joy unlike anything this world could ever offer - deep, firm, stable joy that you can know from the bottom of the heart, that you can carry with you no matter what your external circumstances are; this joy comes only from God and is found only in relationship with Him.

### **How to have more joy**

For Christians joy is a natural result of two things: knowing the truth and believing the truth. The more you know the truth contained in the Bible about who God is, what He has done for us and what He has planned for us and the more you fight to believe this truth the more joy you will have.

**For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jer. 29:11**