

## Happy Soul Part 3: The Pattern of Joy

(Nehemiah 8:10 NIV) "This day is holy to our Lord. Do not grieve, for the **joy of the Lord is your strength.**"

(Philippians 3:17 NIV) "Join together in following my **example** (pattern), brothers and sisters, and just as you have us as a **model** (pattern), keep your eyes on those who live as we do."

### Kill Joys

#### ✓ When we forget.

(Philippians 3:1 NIV) "Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me **to write the same things to you again.**"

#### ✓ When we let down our guard.

(Philippians 3:1b-2 NIV) "It is a **safeguard** for you. **Watch out** for those dogs, those evildoers, those mutilators of the flesh."

#### ✓ When we rely on our self.

(Philippians 3:3 NIV) "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.**"

### Joy's Pattern

#### 1. Live for something larger than yourself.

(Philippians 3:7-9 NIV) "But whatever were gains to me I now consider loss for the sake of Christ. 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** and be found in him."

- ✓ Attend a worship service weekly.
- ✓ Find a Christian friend in a small group.
- ✓ Take next steps to grow.
- ✓ Give your time, talent, & treasure - all three.

## **2. Move forward everyday.**

*(Philippians 3:12-15 NIV) "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. 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, **I press on toward the goal** to win the prize for which God has called me heavenward in Christ Jesus. All of us, then, who are mature should take such a view of things."*

## **3. Keep aiming for heavenly things.**

*(Philippians 3:19b-21 NIV) "**Their mind is set on earthly things.** But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body."*

*"Aim for heaven you will get earth thrown in. Aim at earth and you get neither." - CS Lewis*