

## Happy Soul Part 4: Rejoice

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

- ✓ **Happiness is based on external things but joy is based on the internal work of the Spirit.**
- ✓ **Unhappiness happens to us all so we need to process our unhappy soul in healthy ways.**
- ✓ **The happiest people are living for something larger than themselves.**

(Philippians 4:10, 11-12 NIV) "I rejoiced greatly in the Lord... for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. **I have learned the secret** of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

(Philippians 4:4 KJV) "**Rejoice** in the Lord always: and again I say, **rejoice.**"

**Rejoice: to be cheerful.**

**Cheerful: to shout encouragement.**

(Proverbs 17:22 NIV) "A cheerful heart is **good medicine**, but a crushed spirit dries up the bones."

(Proverbs 15:13 NIV) "A cheerful heart makes the **face cheerful**, but heartache crushes the spirit."

(Proverbs 15:15 NIV) "All the days of the oppressed are wretched, but the cheerful heart has a **continual feast.**"

(Psalms 63:3-5 NKJV) "Because Your lovingkindness is better than life, My lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. **My soul shall be satisfied** as with marrow and fatness, And my mouth shall praise You with **joyful lips.**"

(Philippians 4:4 KJV) "Rejoice in the Lord **always**: and **again** I say, rejoice."

**Always: when life isn't going well.**

**Again: when life starts going well.**

## Rejoice

### 1. Rejoice, God is standing at the guard.

*(Philippians 4:6-7 NIV) "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus."*

### 2. Rejoice, God is giving you strength.

*(Philippians 4:13 NKJV) "I can do all things through Christ who strengthens me."*

### 3. Rejoice, God is answering your prayer.

*(Philippians 4:19 NKJV) "And my God shall supply **all your need** according to His riches in glory by Christ Jesus."*

*(Mark 10:4-52 NIV) "As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus, was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, **he began to shout**, "Jesus, Son of David, have mercy on me!" Many rebuked him and told him to be quiet, but **he shouted all the more**, "Son of David, have mercy on me!" Jesus stopped and said, "Call him." So they called to the blind man, "**Cheer up! On your feet! He's calling you.**" Throwing his cloak aside, he jumped to his feet and came to Jesus. "What do you want me to do for you?" Jesus asked him. The blind man said, "Rabbi, I want to see." "Go," said Jesus, "**your faith has healed you.**" Immediately he received his sight and followed Jesus along the road."*