



God's Design for Joy

According to Christi Myers of ABC News:

"Americans actually report being among the most _____ people in the world.

Anti-depressant usage has increased _____ percent since 1994. So why are there so many people who are unhappy, and what can we do to change that?

Lorraine Robertson is lucky.

"I wake up happy," Robertson said.

Because according to the Center for Disease Control and Prevention, about one in _____ adults in America reports being clinically depressed. And as it turns out, happiness does not come naturally to everyone."

God wants you to be _____! (4:4)

What is God's Design for joy?

1. _____ (6-7)

Warren Wiersbe said, "_____ is the greatest thief of joy."

The english root where we get our word "worry" means "to _____".

- _____ **worry with prayer. (6)**

Phil. 6:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Do you find joy to be lacking in your life? Do you find peace to be lacking in your life? Maybe it is because you are not praying!

- **Result: A _____ mind. (7)**

God will He will guard your heart and mind like a _____.

2. _____ - _____ (8)

Satan wants you to be distracted by things that do not matter. He wants you to be distracted by things that are not true.

Is joy absent from your life because of what you think about?

3. Proper _____ - _____ (9)

Are you lacking joy in your life? It may be because you are not living out what you know to be true.

4. Prioritize _____ (11-13)

Are you lacking joy? It may be because you are content with what God has given you.

God wants you to be joyful! You don't have to be a "cheesy face"! You don't have to plaster on a fake smile across your face and pretend that everything is ok when it really isn't. You can be joyful because God has promised that even though things really aren't ok here on earth, He will make everything OK. I can do all things through Christ who strengthens me!