

# Joy

THE BOOK OF  
PHILIPPIANS

Joy : Choose Joy 2.0  
June 12-13, 2021

Why do we still struggle with discontent?

[Hardwiring Happiness](#) - Rick Hanson

Paul models what Choose Joy 2.0 looks like in context, purpose and sustainability in [Philippians 1:3-21](#).

## 4 observations of the Joy:

**1. Joy reverberates in relationships** - joy begins with a relationship with Jesus Christ. We have the opportunity to be in a relationship with Jesus and the fruit of that relationship is Joy.

“ You can’t go and get the fruit without having the root in the right place.” - Pastor Robb Schmidgall

We don’t grow in rows, we grow in circles. What circles are you engaged in? [ncc.re/groups](http://ncc.re/groups)

When’s the last time you checked your circle?

Need people who stretch you and challenge you and talk truth to you, who pray with you and you pray with, who partner with you to live a life on mission and with a purpose, who accept you where you are but love you too much to let you stay there, and who model what it means to pursue purity, character, and love.

**2. Joy is disproportionately magnified when you give it away.** Giving joy away is innate in who we are, because we are made in the image of God.

Are your actions blessing the Father?

**Challenge:** download this JOY card ([ncc.re/joycard](http://ncc.re/joycard)), print it out, and write a note of encouragement & joy to a neighbor and give it to them.

*We are less concerned about getting the community back into church, and more concerned about getting the church into the community!*

We have a message of JOY, and of love, and of freedom, and justice for the oppressed, freedom for the captive, and of eternal life with our CREATOR! We need EVERYONE to join the mission, to live on mission, to choose your mission! It's the only way we can get where we want to go. Together.

### 3. Joy comes out of a mindset of expectation.

[Philippians 1:12-21](#)

My perspective and mindset is far more powerful than my circumstances.

We all have our prisons. Our shipwrecks. Our difficult life circumstances, just like Paul. What matters is our mindset.

Paul models expectations over experiences as guiding him to choose joy.

What is it that makes it hard for us to share our shipwreck stories?

We judge our story. And we judge others' stories against ours. We compare.

**One** we say, at least mine isn't as bad as theirs.

**Two** we say, yours isn't as bad as mine, so don't even try and tell me.

The problem with both of these is they don't allow us to move through our story well.

How we can tell if we're moving through ours well: grace we give to others' story

"Vulnerability is not about winning or losing. It's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it is our greatest measure of courage!" - [Brene Brown](#)

When someone shares their story, It's not comments that help, it's connection. Presence.

It is difficult to continually have the right mindset without having the right relationships.

"God is not only the God of the sufferers but the God who suffers. It is said of God that no one can behold his face and live. I always thought this meant that no one could see his splendor and live. A friend said perhaps it meant that no one could see his sorrow and live. Or perhaps his sorrow is splendor. ... Instead of explaining our suffering God shares it." — Nicholas Wolterstorff, [Lament for a Son](#)

Paul is not praising God because the prison doors opened. Paul is praising God because he is his God. Because God is who He said He was. Because He brought purpose and meaning into his life.

Don't praise God so that He'll heal you. Don't praise God so that He'll open prison doors. Praise Him because He is who He said He was.

### 4. Joy found in a meta world view. A world view that is outside of the life that we live.

To live is Christ and to die is gain. - Philippians 1:21

This is not a morbid statement, but a meta world view full of hope & purpose & expectation.

Relationship

Sharing

Mindset

Meta world View

This is your moment!

As you engage in this week, to whom are you going to be an expression of joy?

**A PRAYER to PRAY:** Jesus, we choose joy again and again! Teach us to live it out in every moment of each day. Show us the person that we can share joy with this week. Give us a name and a mission to fulfill so that we spread your goodness in our world, near and far. Let us have the wisdom to live as Paul did. To not just pray for the prison doors to be opened, but to also pray for the peace and joy to know that You are who you say you are whether the doors open or not. We need the confidence to see the praise before the doors open, while they remain shut, and after the prison doors open. In Jesus name amen.

**For more info about following Jesus, go to [ncc.re/followJesus](https://ncc.re/followJesus)**

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