

JOY, HAPPINESS, & CONTENTMENT

4 Ways To Kick Gloom, Doom, Negativity, & Depression In The Head

PART 2: JOY IS POWER, A NOT SO SECRET POWER

1. The Joy That Produces _____ Is
A _____ Kind Of Joy.

Nehemiah 8:10 (NKJV)

Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for *this day is holy to our Lord*. Do not sorrow, for the joy of the LORD is your strength."

2. There Are Ways I Can _____ Of
This Strength Producing Joy.

2.1. By _____ the _____ of
God.

Psalm 16:11 (NKJV)

You will show me the path of life;
In Your presence *is* fullness of joy;
At Your right hand *are* pleasures forevermore.

Psalm 21:6 (NKJV)

For You have made him most blessed forever;
You have made him exceedingly glad with Your
presence.

2.2. By _____ the wells of
_____.

Isaiah 12:3 (NKJV)

Therefore with joy you will draw water
From the wells of salvation.

3. I Must Be On _____ Against Whatever
_____ Me Of Real Joy.

Nehemiah 8:10 (NLT)

And Nehemiah continued, “Go and celebrate with a feast of rich foods and sweet drinks, and share gifts of food with people who have nothing prepared. This is a sacred day before our Lord. **Don’t be dejected and sad**, for the joy of the LORD is your strength!”

Proverbs 17:22 (NKJV)
A merry heart does good, *like* medicine,
But a broken spirit dries the bones.

WHAT IS MY NEXT STEP?