

Don't Make Joy Your Goal.

JESUS is the Goal

a guide by Glen Elliott



The Holy Spirit wants to grow joy in you

The Holy Spirit wants to grow joy in you; an unshakeable joy that nothing or no one can take from you. But here's the trick: Don't make joy your goal. It's a by-product of an authentic living relationship with Jesus.

Let's begin a time of reflection to place our hearts in a place where joy can grow. Start this time by reflecting on and praying about some key scriptures about joy.

Though you have not seen him,
you love him; and even though
you do not see him now, you
believe in him and are filled with
an inexpressible and glorious joy,
for you are receiving the end
result of your faith,
the salvation of your souls.

1 Peter 1:8-9 (NIV)

May the God of hope fill you
with all joy and peace as you
trust in him, so that you may
overflow with hope by the power
of the Holy Spirit.

Romans 15:13 (NIV)

So you have sorrow now,
but I will see you again;
then you will rejoice, and no
one can rob you of that joy.
At that time you won't need to
ask me for anything. I tell you
the truth, you will ask the Father
directly, and he will grant your
request because you use my
name. You haven't done this
before. Ask, using my name,
and you will receive, and you
will have abundant joy.

John 16:22-24 (NLT)



Rejoice in the Lord always.
I will say it again: Rejoice!
Let your gentleness be evident
to all. The Lord is near. 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.

Philippians 4:4-7 (NIV)

Now take some time

to do a bit of internal introspection and thought. It's best to actually write down your thoughts. It's even better if you can find someone to share your thoughts with now or at a later time.

1.

Make a list of the things that tempt you as a source of joy.

They might be good, or they might be harmful, but we think they can bring us joy. Write down next to each why they can't provide or sustain joy. **Example:** *Feasting on BBQ is so enjoyable, but it is a temporary satisfaction that can't sustain joy because the joy disappears as soon as it's gone.*

2.

Now, make a list of what it is about God the Father, Jesus the Son, or the Holy Spirit that brings joy.

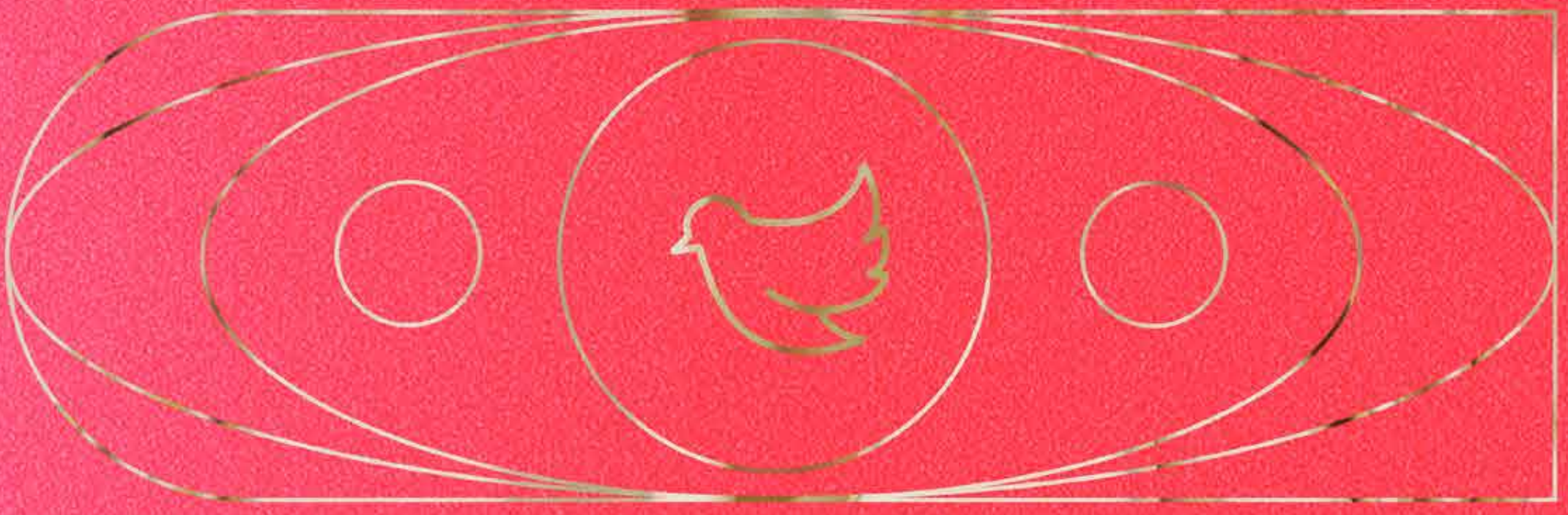
Describe how God brings and sustains joy.

Example: *Jesus never condemns me, even when I fail. He's always for me, and he loves my soul, no matter what. Such love, even in the midst of failure, brings such joy.*

3.

Now, identify three key ways you can fix your mind on the things of God that bring joy.

Maybe it is practicing a spiritual activity, developing a habit, or changing a mindset or attitude. These things below will help me focus not just on joy, but on Jesus, the source of all lasting joy...



**Don't make joy
your goal.**

**Make Jesus
your goal.**

Manifest
the evidence of the Spirit



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