



REVIEW

On Sunday we looked at how we could find joy in all circumstances if we develop a thought process of rejoicing.

1. Joy is the result of a distinct pattern of thought
 - a. It starts with a choice to exalt God
 - b. It continues with repeating a vocabulary of How Gods is great and therefore how we are safe: God is X and therefore we are Y. Or God has done X in the past proving he is Y to me.
2. Joy comes from practising these patterns of thought
 - a. through praise – but our own repetitions of our rejoicing vocabulary
 - b. through prayer – presenting our arguments and rejoicing vocabulary in our conversations with God.
3. Joy come from being secure in who we are in Christ
 - a. Verse 6 – When I felt secure, I said “I will never be shaken”;
 - b. The story of the minotaur and how Theseus uses a cord to lead him out of the labyrinth – the rejoicing thought process is that cord – we need to repeat it and use it step by step to move us out of the kingdom of futile thinking into the kingdom of spiritual freedom – peace and joy.
4. Joy can be found in all circumstances
 - a. We have a royal mountain we can stand upon to enjoy a peace and joy at who we are in Christ
 - b. God takes our sackcloth off and clothes us in a robe of joy.

READ

Psalms 30

REFLECT

1. What most impacts you from the scripture or the discussion? Did you feel the Holy Spirit highlighting anything specific for you?
2. Write out your own psalm – in a simple format of a) I will decide to exalt you b) God is X therefore I am Y (repeat as many times as you can) and God did X in the past benefiting me by Y (repeat as many times as you can)
3. Have a period of reflection where you quietly offer your praises (written in 2) and allow the Holy Spirit to reveal the perspective of your own royal mountain.
4. Allow God to robe you in joy.
5. Consider in discussion when you have been lost in a labyrinth of fleshy thinking? How could your rejoicing thought process help you?

RESPOND

I am willing and able to practise developing my own rejoicing thought process with the help of the Holy Spirit? True or false discuss.

REACH

How would you share this good news? How has your personal witness been going?

- How could joy inform and free us in our fears and doubts about sharing our hope?