



Reclaiming Your  
**JOY**

A Bible Study on Conquering Your Joy-Stealers

LORRAINE HILL



**Reclaiming Your JOY**  
**LESSON DVD HANDOUTS**

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# INTRODUCTORY LESSON

## *Joy for All Seasons*

### Background on Joy

- God offers us full, complete, inexpressible joy, not a \_\_\_\_\_ joy dependent on circumstances or a \_\_\_\_\_ joy dependent on people or money; a joy that resides in Him and that is consistent in our lives.
- John 10:10
- A few verses on joy: Psalm 4:7, Psalm 5:11, Psalm 9:2, Psalm 32, Psalm 126:3, John 15:11, John 17:13.
- The words joy, joyous, joyful, and rejoice appear over \_\_\_\_\_ times in Scripture.

Joy is \_\_\_\_\_

- There is joy for the \_\_\_\_\_
- There is joy for the \_\_\_\_\_
- There is joy for the \_\_\_\_\_

Joy is \_\_\_\_\_

- Joy is our witness to the world, revealing the magnificence and beauty of God.

Joy is \_\_\_\_\_

- Philippians 4:4 and 1 Thessalonians 5:16 are commands, not options.
- God always gives us the \_\_\_\_\_ to meet his commands, no matter how challenging they may seem.
- We also have the beautiful \_\_\_\_\_.

### Final Thoughts

- Joy is \_\_\_\_\_.
- God's joy for us is greater than any person we meet and deeper than any circumstance we face.

## INTRODUCTORY LESSON (ANSWER KEY)

# *Joy for All Seasons*

### Background on Joy

- God offers us full, complete, inexpressible joy, not a partial joy dependent on circumstances or a limited joy dependent on people or money; a joy that resides in Him and that is consistent in our lives.
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- A few verses on joy: Psalm 4:7, Psalm 5:11, Psalm 9:2, Psalm 32, Psalm 126:3, John 15:11, John 17:13.
- The words joy, joyous, joyful, and rejoice appear over 400 times in Scripture.

### Joy is our birthright.

- There is joy for the everyday, the mundane.
- There is joy for the difficulties and trials of life.
- There is joy for the severest of times, persecution.

### Joy is our legacy.

- Joy is our witness to the world, revealing the magnificence and beauty of God.

### Joy is a command.

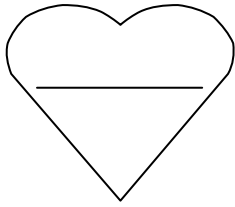
- Philippians 4:4 and 1 Thessalonians 5:16 are commands, not options.
- God always gives us the grace to meet his commands, no matter how challenging they may seem.
- We also have the beautiful Holy Spirit, who lives in us and enables us to be joyful.

### Final Thoughts

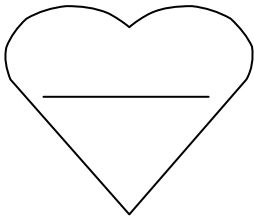
- Joy is attainable.
- God's joy for us is greater than any person we meet and deeper than any circumstance we face.

## WEEK ONE – OUR GREAT CALLING

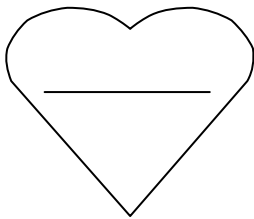
### *The State of our Heart*



- A heart that is cold toward God and the things of God.
- Should not characterize Christians because we have been given a new heart.



- Revelation 3:14-22
- The Laodiceans rested in the security and comfort of their wealth, deceiving themselves into believing that they were self-sufficient and independent. They failed to realize their own spiritual poverty.
- Greek word *emeo* means “vomit, throw up.”



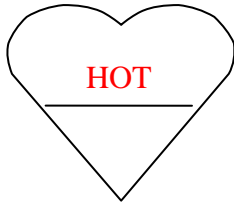
- Matthew 22:34-40
- The \_\_\_\_\_ (Deuteronomy 6:4-9, Deuteronomy 11:13-21, Numbers 15:37-41) was a statement of faith for the Israelites.
- The word *shema* translates the Hebrew “to hear.”
- If we do one thing in this life – we must \_\_\_\_\_.

### ***What can we do to love God passionately?***

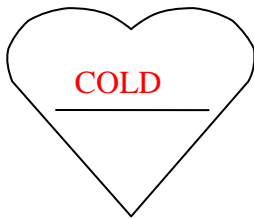
- 1) Pray and \_\_\_\_\_ God for a heart to love him deeply and passionately
  - We cannot be more passionate about the things of God than about \_\_\_\_\_.
- 2) Make the commitment to \_\_\_\_\_.
- 3) Have a realistic view of love
  - God demonstrated his immeasurable love for us at the \_\_\_\_\_.
- 4) Set our minds and hearts on \_\_\_\_\_ (Colossians 3:1-2)
  - If the Lord is not our greatest love, then inevitably something else will take its place.
  - “How sweet all at once it was for me to be rid of those fruitless joys which I had once feared to lose... You drove them from me, you who are the true, the sovereign joy. You drove them from me and took their place, you who are sweeter than all pleasure.”  
[Augustine, *Confessions* ]

## WEEK ONE – OUR GREAT CALLING (ANSWER KEY)

### *The State of our Heart*



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- Should not characterize Christians because we have been given a new heart.



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- The word *shema* translates the Hebrew “to hear.”
- If we do one thing in this life – we must love God deeply and passionately.

### ***What can we do to love God passionately?***

- 1) Pray and ask God for a heart to love him deeply and passionately
  - We cannot be more passionate about the things of God than about God Himself.
- 2) Make the commitment to spend time with God daily.
- 3) Have a realistic view of love
  - God demonstrated his immeasurable love for us at the cross.
- 4) Set our minds and hearts on eternal things (Colossians 3:1-2)
  - If the Lord is not our greatest love, then inevitably something else will take its place.
  - “How sweet all at once it was for me to be rid of those fruitless joys which I had once feared to lose... You drove them from me, you who are the true, the sovereign joy. You drove them from me and took their place, you who are sweeter than all pleasure.”  
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WEEK TWO – ABIDING JOY  
*The Peril of Partial Obedience - 1 Samuel 15*

### Background on the Nation of Israel

- Israel, unlike any other nation, enjoyed the privilege of being a theocracy ruled by the Lord Almighty (Exodus 19:1).
- \_\_\_\_\_ served as the first official king of Israel, chosen specifically by the Lord (1 Samuel 9:15-17, 9:1-2, 21).

### Background on the Amalekites

- The Amalekites, a nomadic tribe that had descended from Esau, the brother of Jacob (Genesis 36:12), were a wicked and sinful people.
- They had served as a bitter enemy to Israel, refusing to allow the Israelites to march through their territory after the Exodus, instigating war against them, and also joining with Israel's enemies to try and defeat her (Deuteronomy 25:17-19, Exodus 17:8-16, Numbers 14:39-45).
- This type of warfare, known as \_\_\_\_\_, was instigated only against people who the Lord had severely judged.
- Whether or not we understand the rationale or reasons for what God has commanded us to do, we must still obey him.

### Saul's Disobedience (1 Samuel 15:1-15)

- Expediency, at the expense of the Lord's will, is not acceptable in the Christian walk. The \_\_\_\_\_ do not justify the \_\_\_\_\_.
- Saul also tried to \_\_\_\_\_ his misdoing by saying that the soldiers desired the livestock to sacrifice to the Lord.
- The Lord's commands for obedience are done for our \_\_\_\_\_.

### The Lord's Response to Saul's Disobedience (1 Samuel 15:16-33)

- An obedient life needs \_\_\_\_\_.
- Inward obedience is always more important than outward ritualism.
- The Seriousness of Disobedience (Galatians 6:7, Hosea 8:7)
- We lose innumerable blessings and experience the disciplining hand of God if we choose disobedience.
- Sometimes we think full obedience is too costly, but partial obedience is \_\_\_\_\_.

## WEEK TWO – ABIDING JOY (ANSWER KEY)

# *The Peril of Partial Obedience - 1 Samuel 15*

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- The Lord's commands for obedience are done for our own good and best interest.

### The Lord's Response to Saul's Disobedience (1 Samuel 15:16-33)

- An obedient life needs no sacrifice.
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- The Seriousness of Disobedience (Galatians 6:7, Hosea 8:7)
- We lose innumerable blessings and experience the disciplining hand of God if we choose disobedience.
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## WEEK THREE – WEIGHED DOWN BY WORRY

### *Tried and True – Daniel 6*

#### Background on Daniel (Daniel 6:1-9)

- Daniel spent most of his adult life in exile under foreign powers, first the Babylonians and then the Persians. At the time of Daniel 6, Daniel is between 80 and 90 years old.
- Scripture says that Daniel had an \_\_\_\_\_ spirit (Daniel 6:3).
- The administrators could find \_\_\_\_\_ in him because he was \_\_\_\_\_ and neither \_\_\_\_\_ nor \_\_\_\_\_ (Daniel 6:4).
- Are we “known for our virtue by our enemies”?

#### Daniel Takes a Stand (Daniel 6:10-23)

- When Daniel learned of the decree, he \_\_\_\_\_, as he had done in the past.
- God has been testing Daniel all along – this is not his first test.
- Persian laws were \_\_\_\_\_.
- King Darius seems far more worried and anxious than Daniel.

#### The Result (Daniel 6:24-28)

- In the Law of the Medes and the Persians, the guilt of one often resulted in the punishment of all his family and kindred.
- Proverbs 26:27
- Notice that the lions \_\_\_\_\_ (Daniel 6:24).

#### ***How can we be more like Daniel and not succumb to worry?***

- First, we can \_\_\_\_\_ and \_\_\_\_\_.
  - There is a progression from Philippians 4:6-7 to Philippians 4:8 to Philippians 4:9.
  - We must redirect our thoughts or we will return to our problems.
- Second, we need to \_\_\_\_\_.
  - When we move our focus away from God, the concerns of this life will overwhelm us.
- Third, real concerns provide \_\_\_\_\_.
  - Our weakness beautifully displays God’s strength.



## WEEK THREE – WEIGHED DOWN BY WORRY (ANSWER KEY)

### *Tried and True – Daniel 6*

#### Background on Daniel (Daniel 6:1-9)

- Daniel spent most of his adult life in exile under foreign powers, first the Babylonians and then the Persians. At the time of Daniel 6, Daniel is between 80 and 90 years old.
- Scripture says that Daniel had an extraordinary spirit (Daniel 6:3).
- The administrators could find no corruption in him because he was trustworthy and neither corrupt nor negligent (Daniel 6:4).
- Are we “known for our virtue by our enemies”?

#### Daniel Takes a Stand (Daniel 6:10-23)

- When Daniel learned of the decree, he continued to pray to God, as he had done in the past.
- God has been testing Daniel all along – this is not his first test.
- Persian laws were irrevocable.
- King Darius seems far more worried and anxious than Daniel.

#### The Result (Daniel 6:24-28)

- In the Law of the Medes and the Persians, the guilt of one often resulted in the punishment of all his family and kindred.
- Proverbs 26:27
- Notice that the lions were real and ferocious and killed men (Daniel 6:24).

### ***How can we be more like Daniel and not succumb to worry?***

- First, we can pray and redirect our thoughts.
  - There is a progression from Philippians 4:6-7 to Philippians 4:8 to Philippians 4:9.
  - We must redirect our thoughts or we will return to our problems.
- Second, we need to keep our focus on God.
  - When we move our focus away from God, the concerns of this life will overwhelm us.
- Third, real concerns provide opportunities to reveal God’s magnificence to this world.
  - Our weakness beautifully displays God’s strength.

## WEEK FOUR – WEARIED BY PEOPLE

### *The Characteristics of Love*

#### Greek Words for Love

- \_\_\_\_\_ is a sensual love that centers on self-satisfaction.
- \_\_\_\_\_ involves a family love.
- \_\_\_\_\_ is a brotherly love, a love based on friendship.
- \_\_\_\_\_ is a selfless/sacrificial love, the love that God demonstrated to us.
- In the New Testament, *phileo* and *agape* are sometimes used interchangeably, especially by the apostle John in the Gospel of John.

#### The Love Chapter – 1 Corinthians 13

- Love is \_\_\_\_\_ (verse 4)
  - “It is a word which is used of the man who is wronged and who has it easily in his power to avenge himself but will never do it.” – John Chrysostom
- Love is \_\_\_\_\_ (verse 4)
  - This world is hungry for acts of kindness, which reveal God’s beauty.
- Love does not \_\_\_\_\_ (verse 4)
  - Can we rejoice when someone else receives the blessing that we desire?
  - \_\_\_\_\_ for someone who receives the blessing that we desire helps us to overcome envy.
- Love does not \_\_\_\_\_; love is not \_\_\_\_\_ (verse 4)
  - We have no reason to boast (1 Corinthians 4:7).
- Love is not \_\_\_\_\_ (verse 5)
  - The Greek word for rude means “to behave in an ugly, indecent, unseemly or unbecoming manner.”
- Love is not \_\_\_\_\_ (verse 5)
  - Philippians 2:3-4
  - Are we truly willing to sacrifice so that the body of Christ is edified?
- Love is not \_\_\_\_\_ (verse 5)
  - Proverbs 19:11
- Love keeps \_\_\_\_\_ (verse 5)

#### Final Thoughts

- People are one of the few fruits that we will see in \_\_\_\_\_.
- As much as this person may annoy or irritate us, God created him/her special and He \_\_\_\_\_ him/her as much as He loves us.
- God is refining our \_\_\_\_\_ through these people.

## WEEK FOUR – WEARIED BY PEOPLE (ANSWER KEY)

### *The Characteristics of Love*

#### Greek Words for Love

- Eros is a sensual love that centers on self-satisfaction.
- Storge involves a family love.
- Phileo is a brotherly love, a love based on friendship.
- Agape is a selfless and sacrificial love, the love that God demonstrated to us.
- In the New Testament, *phileo* and *agape* are sometimes used interchangeably, especially by the apostle John in the Gospel of John.

#### The Love Chapter – 1 Corinthians 13

- Love is patient (verse 4)
  - “It is a word which is used of the man who is wronged and who has it easily in his power to avenge himself but will never do it.” – John Chrysostom
- Love is kind (verse 4)
  - This world is hungry for acts of kindness, which reveal God’s beauty.
- Love does not envy (verse 4)
  - Can we rejoice when someone else receives the blessing that we desire?
  - Praying for someone who receives the blessing that we desire helps us to overcome envy.
- Love does not boast; love is not proud (verse 4)
  - We have no reason to boast (1 Corinthians 4:7).
- Love is not rude (verse 5)
  - The Greek word for rude means “to behave in an ugly, indecent, unseemly or unbecoming manner.”
- Love is not self-seeking (verse 5)
  - Philippians 2:3-4
  - Are we truly willing to sacrifice so that the body of Christ is edified?
- Love is not easily angered (verse 5)
  - Proverbs 19:11
- Love keeps no record of wrongs (verse 5)

#### Final Thoughts

- People are one of the few fruits that we will see in eternity.
- As much as this person may annoy or irritate us, God created him/her special and He loves him/her as much as He loves us.
- God is refining our character through these people.

## WEEK FIVE – DOWNCAST BY DISAPPOINTMENT

### *The Wisdom of God*

#### The Omniscience of God

- God is omniscient, meaning that \_\_\_\_\_.
  - *Omni* comes from the Latin word for “all” and *scientia* from the Latin word for “knowledge.” Thus omniscience means that God has all knowledge or knows all things.
  - God is perfect in knowledge (Job 37:16) and has understanding has no limit (Psalm 147:5)
  - Psalm 94:10, Isaiah 40:13-14
- God has perfect knowledge of the \_\_\_\_\_.
  - If God knows all things past, present and future, then He knows events before they happen (Isaiah 42:9).
  - Events do not \_\_\_\_\_ God and nothing catches him \_\_\_\_\_.
  - Since God knows our individual strengths, weakness and propensity to sin, He knows what we need in our lives to bring Him glory and to allow us to mature in our walk.
  - Psalm 94:10, Isaiah 40:13-14

#### The Wisdom of God

- Since God has all knowledge, past, present and future, God is able to be \_\_\_\_\_.
  - Wisdom results from \_\_\_\_\_.
  - Job 9:4, Romans 16:27
  - Romans 11:33 - The Greek word translated unfathomable literally refers to “footprints that are untrackable, such as those of an animal that a hunter is unable to follow.”
  - God is never \_\_\_\_\_ when He makes a decision. He always chooses the \_\_\_\_\_.
- \_\_\_\_\_ will always hinder us in our Christian walk.
  - The Lord has hand crafted us as unique individuals. He knit us together with special talents and endowed us with distinct gifts. But this means that we also bring Him glory in different ways.
  - The true context of Jeremiah 29:11
  - Out of some our greatest disappointments will be some of our greatest triumphs if we will trust God and rest in His wisdom.

## WEEK FIVE – DOWNCAST BY DISAPPOINTMENT (ANSWER KEY)

### *The Wisdom of God*

#### The Omniscience of God

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  - Psalm 94:10, Isaiah 40:13-14, Job 38-41, Isaiah 42:9

#### The Wisdom of God

- Since God has all knowledge, past, present and future, God is able to be wise.
  - Wisdom results from the application of knowledge.
  - Job 9:4, Romans 16:27
  - Romans 11:33 - The Greek word translated unfathomable literally refers to “footprints that are untrackable, such as those of an animal that a hunter is unable to follow.”
  - God is never wrong when He makes a decision. He always chooses the right answer from an eternal perspective.
- Comparing to others will always hinder us in our Christian walk.
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## WEEK SIX – IMPRISONED BY UNFFORGIVENESS

### *Forgiving the Unforgiveable*

#### Forgiving Little Injustices (2 Samuel 16:5-14)

- God does not shower us with mercy so that we remain merciless to others. We are to be conduits of mercy to this hurting and broken world.
- David \_\_\_\_\_ Shimei's tirade and violence.
- Proverbs 19:11
- David entrusts himself to the \_\_\_\_\_ of God. God will ensure justice whether in this lifetime or the next.

#### Forgiving Greater Injustices (1 Samuel 26:1-12)

- Sometimes we suffer for our own bad choices, but sometimes we suffer because of other people's bad choices.
- David's entire life changes because of \_\_\_\_\_.
- Not once, but twice, David has the opportunity to \_\_\_\_\_ himself against King Saul, but chooses to trust God and God's timing instead.
- Realizing how much God has forgiven us allows us to \_\_\_\_\_.
- If we want to know how well we understand mercy, we should ask ourselves how easily we are offended by other people. Do we demonstrate a merciful spirit or an unforgiving spirit?
- Forgiveness is not \_\_\_\_\_. It can be very \_\_\_\_\_. It cost Jesus to forgive us, and it will cost us to forgive others. But if forgiveness is costly, unforgiveness is always costlier.
- Someone once said that bitterness is like drinking poison and hoping the other guy dies.
- God commands us to forgive to reveal His majesty and greatness to this world.
- But God also commands us to forgive others because it helps us. Unforgiveness always imprisons \_\_\_\_\_, not our \_\_\_\_\_.
- God always provides the grace to forgive what seems unforgiveable.

## WEEK SIX – IMPRISONED BY UNFFORGIVENESS (ANSWER KEY)

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- David's entire life changes because of King Saul's envy.
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- Realizing how much God has forgiven us allows us to forgive others more freely.
- If we want to know how well we understand mercy, we should ask ourselves how easily we are offended by other people. Do we demonstrate a merciful spirit or an unforgiving spirit?
- Forgiveness is not easy. It can be very difficult and costly. It cost Jesus to forgive us, and it will cost us to forgive others. But if forgiveness is costly, unforgiveness is always costlier.
- Someone once said that bitterness is like drinking poison and hoping the other guy dies.
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## WEEK SEVEN – TROUBLED BY TRIALS

### *The Crucible of Time – Genesis 16*

#### A Season of Patient Waiting

- In Genesis 15, God told Abraham \_\_\_\_\_.
- Too often we view time as a \_\_\_\_\_ instead of a \_\_\_\_\_.
- God’s development of our character often comes through the crucible of time.
- God will not be \_\_\_\_\_.

#### Moving Ahead of God (Genesis 16:1-6)

- Satan will often tempt us to circuit God’s will, dangling another means before us and causing us to stray from our true path.
- For many of us, time seems to have a \_\_\_\_\_ effect on our steadfast patience and trust in the Lord. The longer we wait, the more our joy seems to dissipate. Joy gives way to sadness. Trust turns to doubt. Faith yields frustration and anger.
- Psalm 27:14
- Whether we realize it or not, impatience reveals our \_\_\_\_\_ in God.

#### Learning to Wait on God

- The results of Abraham’s sleeping with Hagar were varied and long-reaching.
- Impatience tempts us to short-cut God’s way in order to quickly reach the end and blinds us to the perils of our quick fix.
- As we move ahead, we are forcing ourselves to settle for \_\_\_\_\_ instead of \_\_\_\_\_.
- Psalm 130:5-6
- Isaiah 28:16 reminds us that “the one who trusts will never be dismayed.” The Hebrew word for dismayed *hus* actually means “to hasten. Its basic sense is to hurry or do something quickly.”
- “Patience means living out the belief that God orders everything for the spiritual good of his children.” — J. I. Packer
- God’s silence is not \_\_\_\_\_.



## WEEK SEVEN – TROUBLED BY TRIALS (ANSWER KEY)

### *The Crucible of Time – Genesis 16*

#### A Season of Patient Waiting

- In Genesis 15, God told Abraham that he would have an heir.
- Too often we view time as a bitter enemy instead of a friend.
- God’s development of our character often comes through the crucible of time.
- God will not be hurried.

#### Moving Ahead of God (Genesis 16:1-6)

- Satan will often tempt us to circuit God’s will, dangling another means before us and causing us to stray from our true path.
- For many of us, time seems to have a negative effect on our steadfast patience and trust in the Lord. The longer we wait, the more our joy seems to dissipate. Joy gives way to sadness. Trust turns to doubt. Faith yields frustration and anger.
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- Whether we realize it or not, impatience reveals our unbelief in God.

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- The results of Abraham’s sleeping with Hagar were varied and long-reaching.
- Impatience tempts us to short-cut God’s way in order to quickly reach the end and blinds us to the perils of our quick fix.
- As we move ahead, we are forcing ourselves to settle for an earthly counterfeit instead of a divine blessing.
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- God’s silence is not His absence.

## WEEK EIGHT – ABOUNDING IN THANKFULNESS

### *Releasing Our Rights*

#### Thankfulness and Joy

- Thankfulness and joy are directly related; the greater our thankfulness, the greater our \_\_\_\_\_.
- Focusing on \_\_\_\_\_ can hinder both our thankfulness and our joy.
- Though it seems counter-intuitive, living for self is always enslaving but living for God is always freeing.

#### Genesis 13:1-12 – Abraham and Lot

- \_\_\_\_\_ offered Lot the opportunity to choose which land he wanted. Would you choose if you were Abraham?
- Enticed by the fertile grounds and potential riches, \_\_\_\_\_ chose an area near Sodom. There would have been nothing wrong with Lot's choosing Sodom *if* Lot had sought the Lord's counsel and God's glory in his choice.
- The famous missionary, Jim Elliot, was known for saying, "God always gives his best to those who leave the choice with him."
- One of the greatest characteristics that Christians possess is their willingness to relinquish their rights and to place others before themselves.
- Philippians 2:3
- Sometimes we cling tightly to your rights because we fear \_\_\_\_\_. But the more we cling to our rights, the greater it will hurt when we lose them.
- If we understand that God is \_\_\_\_\_, we also realize that no one will ever take from us what God has truly ordained to give us.
- The Lord did not leave Abraham a pauper because he relinquished his right to choose; he gave Abraham financial riches. But Abraham also received true riches—the Lord himself. Had Lot exercised such wisdom and faith in God, he too would have received the true riches of God, not just the temporary riches of this world.
- Even if we receive \_\_\_\_\_ that this world offers us – we still have \_\_\_\_\_ because we have salvation and eternity with God.

*Thank you for taking this journey with me.  
I pray that God has helped you to reclaim your joy  
and that you have experienced His true riches.  
I can't wait to hear your stories!!!*

## WEEK EIGHT – ABOUNDING IN THANKFULNESS (ANSWER KEY)

### *Releasing Our Rights*

#### Thankfulness and Joy

- Thankfulness and joy are directly related; the greater our thankfulness, the greater our **joy**.
- Focusing on **Self** can hinder both our thankfulness and our joy.
- Though it seems counter-intuitive, living for self is always enslaving but living for God is always freeing.

#### Genesis 13:1-12 – Abraham and Lot

- **Abraham** offered Lot the opportunity to choose which land he wanted. Would you choose if you were Abraham?
- Enticed by the fertile grounds and potential riches, **Lot** chose an area near Sodom. There would have been nothing wrong with Lot's choosing Sodom *if* Lot had sought the Lord's counsel and God's glory in his choice.
- The famous missionary, Jim Elliot, was known for saying, "God always gives his best to those who leave the choice with him."
- One of the greatest characteristics that Christians possess is their willingness to relinquish their rights and to place others before themselves.
- Philippians 2:3
- Sometimes we cling tightly to our rights because we fear **losing control**. But the more we cling to our rights, the greater it will hurt when we lose them.
- If we understand that God is **sovereign (meaning in full control)**, we also realize that no one will ever take from us what God has truly ordained to give us.
- The Lord did not leave Abraham a pauper because he relinquished his right to choose; he gave Abraham financial riches. But Abraham also received true riches—the Lord himself. Had Lot exercised such wisdom and faith in God, he too would have received the true riches of God, not just the temporary riches of this world.
- Even if we receive **nothing** that this world offers us – we still have **everything** because we have salvation and eternity with God.

*Thank you for taking this journey with me.  
I pray that God has helped you to reclaim your joy  
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