

# Keeping Joy

The main thing that most people seek in life is happiness. It is joy and complete satisfaction in every aspect of life. Tragically, both happiness and joy have become very elusive to most folks.

The book of Philippians speaks extensively about joy. This epistle was written by Paul while in prison. Paul had lost his freedom because he promoted the gospel of Christ. And yet, despite his terrible circumstances, he was able to maintain joy and peace in his life (Philippians 4:4).

How was Paul able to keep joy during rough times?

## **By choosing to see positives in rough circumstances**

- Paul could see the good that was being accomplished through his suffering (Philippians 1:12-14).
- Through his suffering, Paul was able to preach to important political officials. He was also able to inspire other disciples to do the work of evangelism courageously.
- Paul expresses similar thoughts about his "thorn in the flesh" (2 Corinthians 12:7-10).
- Do you have a mindset like Paul's?

## **By maintaining an unselfish mindset**

- Are you a Christian who wears an apron, or a bib? Christians who wear bibs are selfish and solely focused on their needs. The Christians who wear aprons are focused first on serving others (Philippians 2:3-5).
- While suffering, Paul chose to focus on serving his brethren and the lost.
- It is challenging for Satan to steal disciple's joy when they are focused first on being servants!

## **By staying focused on heaven**

- Heaven is the true home of Christians (Philippians 3:20-21). Instead of focusing on his difficult circumstances, Paul chose to focus on what awaited him in the hereafter.
- Staying focused on heaven helps us remember that all of the problems we face in life are temporary. There will come a time when the trials of this world will cease, and eternity for us will begin. Keeping that promise in mind will give us the spiritual fuel we need to press on.

## **By learning to be content**

- Sustained joy doesn't come to the discontent. It doesn't come to those who live under the delusion that happiness is about getting one's circumstances perfect in life. That will never happen!
- Paul's joy was founded in having a relationship with Jesus (Philippians 4:10-13). Paul was content with knowing Jesus and being thankful that He took care of his most significant problem at Calvary.

## **Conclusion:**

God wants His people to have joy (Philippians 4:4; Galatians 5:22). This joy is ultimately found in Jesus Christ. Are you in Christ?