

**The 17th Sunday after Pentecost ~ Sunday, October 6, 2019**  
**“Joy Ride: A Study of Philippians ~ How To Maintain A Joyful Heart”**  
**Philippians 2:12-18**

If we're not careful and \_\_\_\_\_, we can easily \_\_\_\_\_ our joy, give it away, or have it \_\_\_\_\_ from us.

“You must continue to work out your salvation with fear and trembling, for it is God who works in you both to will and to act according to his good purpose.” (Philippians 2:12-13)

When it comes to our spiritual growth and maturity, \_\_\_\_\_ has a part and \_\_\_\_\_ have a part. God's part is to work \_\_\_\_\_ our salvation, through His Holy Spirit; and our part is to work it \_\_\_\_\_ in our everyday lives.

We can't work \_\_\_\_\_ our salvation. It is about what God has already done through \_\_\_\_\_ death and resurrection.

“It's by God's grace that you're saved, through faith—and even the faith is not of yourselves; it is the gift of God, not of works, so no one could boast.” (Ephesians 2:8-9)

We're to work out what God works in—what He's already \_\_\_\_\_ us.

**5 EXERCISES TO MAINTAIN A JOYFUL HEART**

**#1. Remember that God is \_\_\_\_\_ me, \_\_\_\_\_ me, and \_\_\_\_\_ me.**

One of the primary reasons we can lose our joy is \_\_\_\_\_. And one of the biggest fears we can have is the fear of \_\_\_\_\_ and of being \_\_\_\_\_.

“For God is always working in you, giving you both the desire to obey him and the power to do what pleases him.” (2:13)

**Working = *energeros* =**

We're not just going on pure \_\_\_\_\_ or our own brute strength, but on God's \_\_\_\_\_.

“I will not leave you as orphans; I will be with you...and you will realize that...you are in me, and I am in you.” (John 14:18-20)

God never leaves us, nor \_\_\_\_\_ us, but \_\_\_\_\_ in us.

“For you have died, and your life is hidden with Christ in God.” (Colossians 3:3)  
God is also \_\_\_\_\_ us.

“If God is for us, who can be against us?” (Romans 8:31)

“Surely goodness and mercy will follow me all the days of my life.” (Psalm 23:6)

God's goodness are the things He gives us that we don't \_\_\_\_\_. And His mercy is Him not giving us what we do \_\_\_\_\_.

**How do you view God?**

**Do you view him as an angry parent or big judge in the sky?**

**Do you view Him as a loving Father, who is with you, in you, and for you?**

**#2. Be \_\_\_\_\_ and don't \_\_\_\_\_.**

This addresses a second thing that can cause us to lose our joy: \_\_\_\_\_ and fighting over the \_\_\_\_\_ stuff. We \_\_\_\_\_ ourselves for the mistakes we make and we \_\_\_\_\_ everybody else.

However, we're only as joyful as we \_\_\_\_\_ be. Joy is an \_\_\_\_\_; a response to life and not a \_\_\_\_\_ to it.

“Do everything without complaining or arguing, so that no one can speak a word of blame against you.” (2:14-15)

**4 TYPES OF COMPLAINERS**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

“I tell you this, that you will give an account on judgment day of every careless word you have spoken.” (Matthew 12:36)

“In everything give thanks; for this is God's will for you in Christ Jesus.” (1 Thessalonians 5:18)

“God works all things together for good for those who love Him, and are called according to his purposes.” (Romans 8:28)

We can give thanks in everything because we know that God loves to \_\_\_\_\_ the Good Fridays of our lives into Easter Mornings.

**Do you think you would be more joyful if you followed this second exercise every day?**

**#3. Keep my \_\_\_\_\_ clear.**

\_\_\_\_\_ and \_\_\_\_\_ can also cause us to lose our joy.

“You are to live clean and pure lives as children of God in a broken and corrupted generation. You are to shine like stars, lighting up a dark world.” (2:15)

We would live such \_\_\_\_\_ lives; lives of \_\_\_\_\_ and purity; with a clear conscience; and with such authenticity, that we should shine in the \_\_\_\_\_ of the world, like a star in the night sky

“Joyful are those who live pure lives, who follow the Lord’s teaching, keep his rules, and try to obey him with their whole hearts.” (Psalm 119:1-2)

“What joy for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record.” (Psalm 32:1)

This means we keep short \_\_\_\_\_ with God and each other  
**Spiritual breathing =**

“If we confess our sins he is faithful and just to cleanse us from all unrighteousness.” (1 John 1:9)

### **What spiritual garbage might you need to take out?**

**#4. \_\_\_\_\_ God’s Word and live it.**  
\_\_\_\_\_ thoughts can also steal our joy.

These are the \_\_\_\_\_ things that we think about ourselves and others people; the \_\_\_\_\_ that we’ve believed about ourselves; and the things that have \_\_\_\_\_ us.

“Hold tightly to the word of life.” (2:16)

We need to \_\_\_\_\_ the negative thoughts in our mind with God’s Word and hold on tightly to it or we’ll \_\_\_\_\_ it. Spiritually speaking, the Bible calls this the “\_\_\_\_\_ of the water of the Word.”

“...just as Christ loved the church and gave himself up for her, in order to make her holy by cleansing her with the washing of water by the word...” (Eph 5:25-27)

### **Six things that we have to do to fill our minds with God’s Word:**

If we do all six, we’ve got the \_\_\_\_\_ grip on it, and it will not only be much more difficult for us to \_\_\_\_\_, but we’ll also be able to \_\_\_\_\_ it when we need it.

“I have hidden your word in my heart, that I might not sin against you.” (Psalm 119:11)

“Lead me in the path of your commands, because that is where my joy is found.” (Psalm 119:35)

### **How disciplined are you in memorizing God’s Word?**

**#5. Use my life to \_\_\_\_\_ God by \_\_\_\_\_ others.**

“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” (Matthew 25:40)

God wired the universe in such a way that joy doesn’t come from \_\_\_\_\_, salary, sex, or \_\_\_\_\_. It comes from \_\_\_\_\_.

God has wired the universe in such a way that we’re most joyful when we’re \_\_\_\_\_ our lives away. Because He wants us to become like \_\_\_\_\_.  
“For the Son of Man came not to be served but to serve, and to give his life a ransom for many.” (Mark 10:45)

Jesus came to \_\_\_\_\_ and to \_\_\_\_\_.

“Your faith makes you offer your lives as a sacrifice in serving God. If I have to offer my own blood as a sacrifice, I’ll be happy and full of joy. And you should be happy and full of joy with me too.” (2:17-18)

The amount that we give and serve others is also a \_\_\_\_\_ of how we’re doing spiritually—it reveals the state of our \_\_\_\_\_ and how \_\_\_\_\_ we are.

“For where your treasure is, there your heart will be also.” (Matthew 6:21)

### **Do you sacrificially volunteer to serve others on a regular basis?**

#### **Is your heart growing more generous every year?**



Spiritually, we all have a \_\_\_\_\_ problem. We’ve got a coronary disease, called \_\_\_\_\_. When we go to Jesus, He doesn’t just fix up our old heart, but gives us a brand new one—He gives us a spiritual heart \_\_\_\_\_!

“I will give you a new heart with a new and right desire, and I will put a new spirit within you. And I will take out your heart hardened by sin and I’ll give you a new heart of love.” (Ezekiel 36:26)

### **Are you willing to begin a training program today?**