

7 Things That Steal Your Joy

Week 4 - Over-Analyzing Things - July 30, 2006

Why, God?? When, God??

(As a result of being wise) you will understand what is right, just, and fair, and you will find the right way to go. Proverbs chapter 2 verse 9 (482)

- True wisdom allows me to understand, apply, & live out the Bible in my life...this is good!

Oh, how great are God's riches and wisdom and knowledge! How impossible it is for us to understand his decisions and his ways! Romans chapter 11 verse 33 (866)

- I need to let God be mysterious & HUGE. Trying to figure God out...this is bad!

****KEY** Here's the Joy-builder** - If I want to experience the joy that Jesus offers, I have to stop trying to figure everything out and I have to allow God to be big & mysterious! Why?

I have to let God be God because over-analyzing puts my trust in me, not God

Trust in the Lord and do good. ...Take delight in the Lord and he will give you your heart's desires. Commit everything you do to the Lord. Trust him, and he will help you. ...Be still in the presence of the Lord and wait patiently for him to act. Psalm 37 verses 3-7 (429)

- Instead of worrying or over-analyzing, I am to trust God
- I am to put my trust in God AND do good (*Why? Because I will always harvest what I plant, see Galatians chapter 6 verse 7*)
- When I delight in God, my desires will align with his, and God will give me my desires (joy!)
- This gives me the ability to be still and to wait patiently for God to act on my behalf
- ***It is impossible to please God without faith. Hebrews chapter 11 verse 6 (926)***

I have to let God be God because over-analyzing robs my life of God's peace

Jesus said, "I have told you all this (tough stuff!) so you may have peace in me. Here on earth you will have many trials & sorrows. But take heart, because I have overcome the world." John chapter 16 verse 33 (825)

- God wants me to know up front that I will go thru tough circumstances in life
- My troubles don't mean God is absent or that he's lost control, troubles are simply a part of this world!
- In spite of my troubles, God wants me to be courageous because God is bigger than my storms in life
- Why?? Because God has deprived the world & my troubles the power to defeat me! This is a source of great joy in my life!

Practically speaking, what does this "look like" in my life???

I need to choose to trust God instead of worrying or trying to figure it out

Trust in the Lord with all your heart, and do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. Proverbs chapter 3 verses 5 & 6 (482)

- What do I do when I have a problem...trust God or worry??
- God wants me to learn to trust in him, not myself or my ability to analyze & understand
- This is where real faith in God is needed
- True joy & peace are only possible when I am seeking & trusting God, because only he can show me which path to take thru life (again, another source of joy!)

Instead of worrying, I need to choose to give my mind something else to focus on

Don't worry about anything, instead pray about everything. ...Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts & minds as you live in Christ Jesus.

Philippians chapter 4 verses 6 & 7 (901)

- I don't have to figure it out or try to "fix" people or situations
- The peace & joy I'm looking for are found in letting God be God, trusting him, prayer
- When I pray, I take the focus off of me and put it on God, his power, his control
- As I do this, God promises to flood my life with his peace...and this will give me great joy!

I need to choose to have a proper view of myself

I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves.... Romans chapter 12 verse 3 (866)

- Many of us are more impressed with ourselves than we should be
- No matter how many strengths I have, God is the source of all of them
- No matter how many weaknesses I have, I still can do all things thru Christ (*see Philippians 4:13*)

I need to choose to keep inspecting my life

Don't be impressed with your own wisdom. Instead, fear the Lord & turn away from evil. THEN you will have healing for your body & strength for your bones. Proverbs chapter 3 verses 7 & 8 (482)

- True joy only comes with humility
- In order for me to be able to trust God, I need to live a life that honors him, which includes confessing and turning from my sin when God makes me aware of it
- When I do this regularly, it becomes easier for me to trust God and not have to figure everything out

I need to acknowledge the situations in my life I can do NOTHING about

We are powerless against this mighty army that is about to attack us. We do not know what to do, but we are looking to you for help. 2 Chronicles chapter 20 verse 12 (346)

- There are times when all God wants from me is for me to honestly let him know that if he doesn't show up FAST I'm doomed!
- ***This is what the Lord says, "Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's. ...Take your positions, then stand still and watch the Lord's victory. 2 Chronicles chapter 20 verses 15-17 (346)***

I need to acknowledge I can do nothing of value apart from God

Jesus said, "Remain in me, and I will remain in you...you cannot be fruitful unless you remain in me.

...Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing." John chapter 15 verses 4 & 5 (824)

- God is a jealous God, and he refuses to let us do the significant things apart from him...because he will not share the credit or glory with anyone
- That's why he will never rid my life of struggles or problems...because these keep me close to him
- ***Unless the Lord builds a house, the work of the builders is wasted. Psalm 127 verse 1 (473)***

When God tells me to get to work on something, instead of getting paralyzed by the HUGENESS of the task, I need to do SOMETHING! When God told...

- Adam to name the animals, Adam found the first animal, named him, and went looking for the second!
- Noah to build the ark, Noah headed out with his ax to chop down the first tree!
- Israel that they were going to the Promised Land, they packed up their stuff and started walking!
- King Solomon to build the temple, he went out & hired the first contractor!

When God tells me to do something huge...

↳ Let God know you hear him even if you don't fully understand him

- Take the first step, no matter how daunting the task is...
 - Set an appointment with one of our counselors
 - Confess your sin to God & godly friend
 - Speak to a pastor before you leave today
 - Right now, commit to God that you will (do what) (by when)
- Before you leave today, let someone know of the step you took. Ask them to pray with you & for you, & then follow-up with you

This series is based on book Seven Things That Steal Your Joy, by Joyce Meyers. Next week we continue with the topic "Why Anger Steals My Joy."