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[SERMON NOTES]

### Happiness vs. Joy (Isaiah 7:14, Luke 2:10-14)

We can choose \_\_\_\_\_. (Philippians 4:4, 10-13)

Joy is an \_\_\_\_\_. (Philippians 4:5-9)

The most \_\_\_\_\_ are often the most \_\_\_\_\_.

### How Do We Choose Joy? (Philippians 4:14-19)

Look \_\_\_\_\_. Look \_\_\_\_\_. Look \_\_\_\_\_.

Joy is a \_\_\_\_\_ we need to exercise.

Our joy muscles: *Words --- Wealth --- Worship*

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### [WEEKLY READINGS]

Over the Christmas season through the New Year, our regular Message Discussion Guide goes on hold. Sometimes we forget that we truly (and only) need to be transformed by the power of the Spirit in the truths of God's Word - aka you and your Bible, that's it! We challenge you to read a chapter of Scripture three to five days a week and follow a short and simple Bible Engagement tool called **The HEAR Journal**. The foundation is simple: *We believe God wants to speak to us when we open His Word, thus we want to HEAR from Him what He desires to teach us!*

### This week's recommended reading: Philippians 1-5

Here is the breakdown of **The HEAR Journal**:

After reading a chunk of Scripture - such as a whole chapter each day - spend time going through, even writing out these steps, to help you HEAR from God...

**H - Highlight:** Pick one verse, phrase, or word that jumped out to you during your reading. Maybe it was a whole verse that hit home or a repeated word or phrase that got stuck in your mind.

**E - Explain:** Spend a few sentences on explaining what you think that *highlight* is trying to communicate to all readers of Scripture. For example - is it trying to give us a command? Teach us something about God's character? Reveal to us a promise from the Spirit?

**A - Apply:** Next, take a few minutes to consider how to apply this verse to your life. We don't want just *head knowledge*, but also *heart change* in our walk with Jesus.

**R - Respond:** Lastly, write out your response to this piece of Scripture. Whether it's a prayer, act of obedience, or confession, consider how you will try and live this out.