



## FILLED SERIES

### Part THREE: "Filled with Joy"

*1 Keep me safe, O God, for I have come to you for refuge. 2 I said to the LORD, "You are my Master! Every good thing I have comes from you." 3 The godly people in the land are my true heroes! I take pleasure in them! 4 Troubles multiply for those who chase after other gods. I will not take part in their sacrifices of blood or even speak the names of their gods. 5 LORD, you alone are my inheritance, my cup of blessing. You guard all that is mine. 6 The land you have given me is a pleasant land. What a wonderful inheritance! 7 I will bless the LORD who guides me; even at night my heart instructs me. 8 I know the LORD is always with me. I will not be shaken, for he is right beside me. 9 No wonder my heart is glad, and I rejoice. My body rests in safety. 10 For you will not leave my soul among the dead or allow your holy one to rot in the grave. 11 You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. – Psalm 16 (NLT)*

#### HOW TO LIVE A LIFE FILLED WITH JOY:

1. Live your life \_\_\_\_\_ the \_\_\_\_\_.

*v.7 I will bless the Lord who guides me;*

2. The way you \_\_\_\_\_ matters.

*v.8 I know the Lord is always with me. I will not be shaken, for he is right beside me.*

*"Be careful how you think; your life is shaped by your thoughts" (Proverbs 4:23 GNT)*

3. Find a way to put your \_\_\_\_\_ in the Lord.

*v. 9 "No wonder my heart is glad, and I rejoice.  
My body rests in safety.*

#### HOW TO KILL JOY IN 5 EASY STEPS:

1. Never be \_\_\_\_\_ with yourself or your loved ones.

2. Always try to \_\_\_\_\_ other people.

*FIILED (Cont.)*

3. Allow yourself to constantly be around \_\_\_\_\_ people.

4. Comparison.

5. Take as many opportunities as you can to be \_\_\_\_\_.

**JOY IS NOT THE LACK OF A BATTLE, JOY IS KNOWING WHO IS FIGHTING IN THE BATTLE WITH YOU!**

DEAR LORD, thank you for giving me the opportunity to live a life filled with joy. I confess that i need you. Please help me turn from negativity and help me center my thoughts on you. Help me to speak life over myself, especially when things get hard. Today i make the decision to live my life putting my trust in you. Fill me with joy. IN YOUR NAME, AMEN!

#### GATHER, GROW AND GO WITH US IN GROW GROUPS

Open Up: From our List "How to Kill Joy in 5 Easy Steps" what is one habit you want to grow in?

Share Scriptures: Let different members share a verse or idea from this teaching that impacted them personally. What does it mean for them?

Talk It Over: What are some other practical ways to be filled with joy?

Pray Together: Pray for each other to be filled with joy from the Lord..



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