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- A spiritual quality - lasts forever
- Having joy - feeling good cheer
- Vibrant happiness
- Expressing God's goodness NOW
- Deep-rooted, inspired happiness



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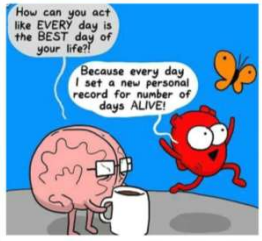
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How can you act like EVERY day is the BEST day of your life?!

Because every day I set a new personal record for number of days ALIVE!

### Some barriers to Joy

- Comparison trap
- Envy
- Fear
- Focus on setbacks
- Unforgiveness
- Unrealistic expectations

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## The Emotions of Jesus

As a baby, Jesus **cried** and was **hungry**. Later he was **tempted** (Matthew 4:1). He was **tired** (Mark 6:31). He **wept** ( John 11:35). He was **angry** (Matthew 21:12; 23:1ff). He was **frustrated** with his disciples on many occasions (Matthew 16:23; 17:17). He was **deeply "troubled"** (Mark 14:33). He was **"annoyed"** that little children were prevented from seeing him (Mark 10:14). He **mourned** and felt **compassion** (Luke 7:13). He was **sad** and **mourned** when John the Baptizer was murdered (Matthew 14:13).

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These things I have spoken to you, that my joy may be in you, and that your joy may be full.

- John 15:11

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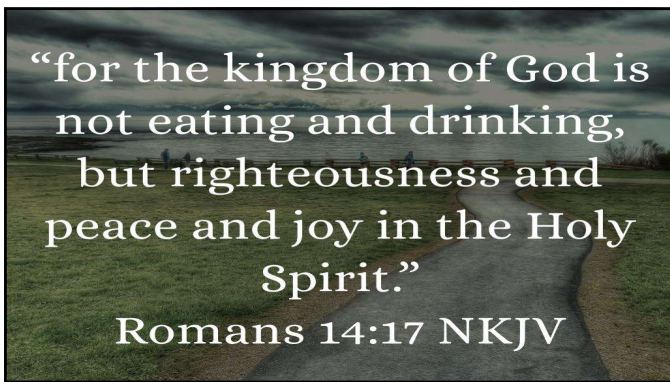
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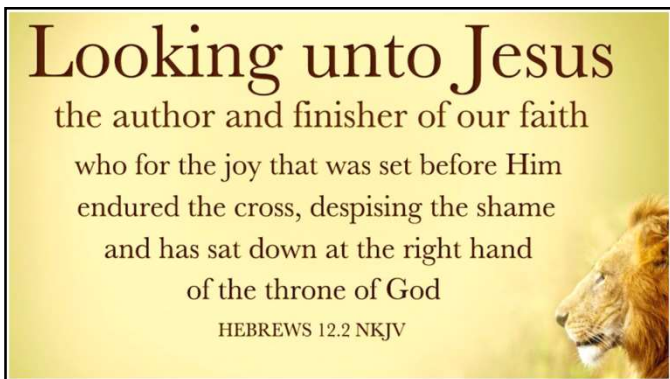
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**WHOM HAVING NOT SEEN YOU LOVE.  
THOUGH NOW YOU DO NOT SEE HIM,  
YET BELIEVING, YOU REJOICE WITH  
JOY INEXPRESSIBLE  
AND FULL OF GLORY,  
I PETER 1:8 NKJV**

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"Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before him, endured the cross, scorning its shame, and has sat down at the right hand of God." -Hebrews 12:2, NKJV

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**ISAIAH 12:3  
WITH JOY YOU WILL DRAW  
WATER FROM THE WELLS OF  
SALVATION.**

12

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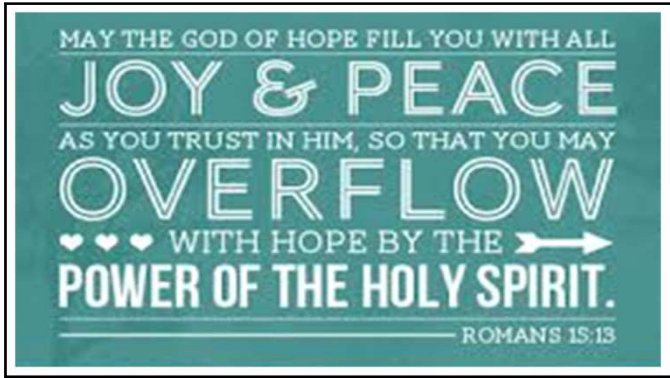
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