

Nine Secrets of Healthy Relationships

Joy – Part Three

Galatians 5:22-23 (NLT) ²² But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. Here there is no conflict with the law.

· **Nowhere in the Bible does God advise us to pursue happiness, because it is not a Biblical concept!**

HAPPINESS	JOY
External	Internal
Temporary	Permanent
Based on chance	Based on choice
Based on circumstances	Based on Christ

THREE RELATIONSHIP KILLJOYS

1. Selfishness

Selfishness says, “**I want what I want.**”

James 4:1-2 (TEV) Where do all the fights and quarrels among you come from? They come from your desires for pleasure, which are constantly fighting within you. You want things, but you cannot have them, so you are ready to kill; you strongly desire things, but you cannot get them, so you quarrel and fight. You do not have what you want because you do not ask God for it.

James 3:16 (NLT) For wherever there is jealousy and selfish ambition, there you will find disorder and every kind of evil.

2. Resentment

Resentment says, “**I won’t forgive you.**”

Hebrews 12:15 (LB) Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives.

Proverbs 11:29 (LB) The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.

3. Fear

Fear says, “I don’t trust you anymore .”

Proverbs 12:25 (NKJV) Anxiety in the heart of man causes depression, But a good word makes it glad.

1 John 4:18 (NKJV) There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

- Fear does three things to relationships:
 - o Fear makes me **defensive**.
 - o Fear makes me **distant**.
 - o Fear makes me **demanding**.
- **JOY IN A RELATIONSHIP DOESN’T COME FROM RECEIVING, IT COMES FROM giving!**
- **Acts 20:35b (CEV)** Remember that our Lord Jesus said, “More blessings come from giving than from receiving.”
- **Philippians 4:4** Rejoice in the Lord always: and again I say, Rejoice.
- The Old Testament uses several different words to express the joy and rejoicing that is an aspect of the Fruit of the Spirit:
 - Simchah – “bright and shining”
 - Masos – “leaping for joy”
 - Rinnah – “shouting for joy”
 - Giyl – “spinning for joy”
- **Psalms 16:11 (KJV)** Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.
- **John 16:24 (NKJV)** Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.