





 (Zec 9:12) Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.



Rom 8:14-17

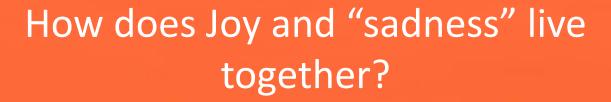
(Rom 8:14) For all who are led by the Spirit of God are sons of God.

(Rom 8:15) For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"



 (Rom 8:16) The Spirit himself bears witness with our spirit that we are children of God,

(Rom 8:17) and if children, then heirs—
heirs of God and fellow heirs with Christ,
provided we suffer with him in order that
we may also be glorified with him.



• (Php 4:4) Rejoice in the Lord always; again I will say, rejoice.

(Rom 8:17) and if children, then heirs—
heirs of God and fellow heirs with Christ,
provided we suffer with him in order that
we may also be glorified with him.









• (Jas 4:4) You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.

- (1Pe 5:8) Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.
- (Gal 5:17) For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.





Happiness: Happiness is comfort in circumstances you desire

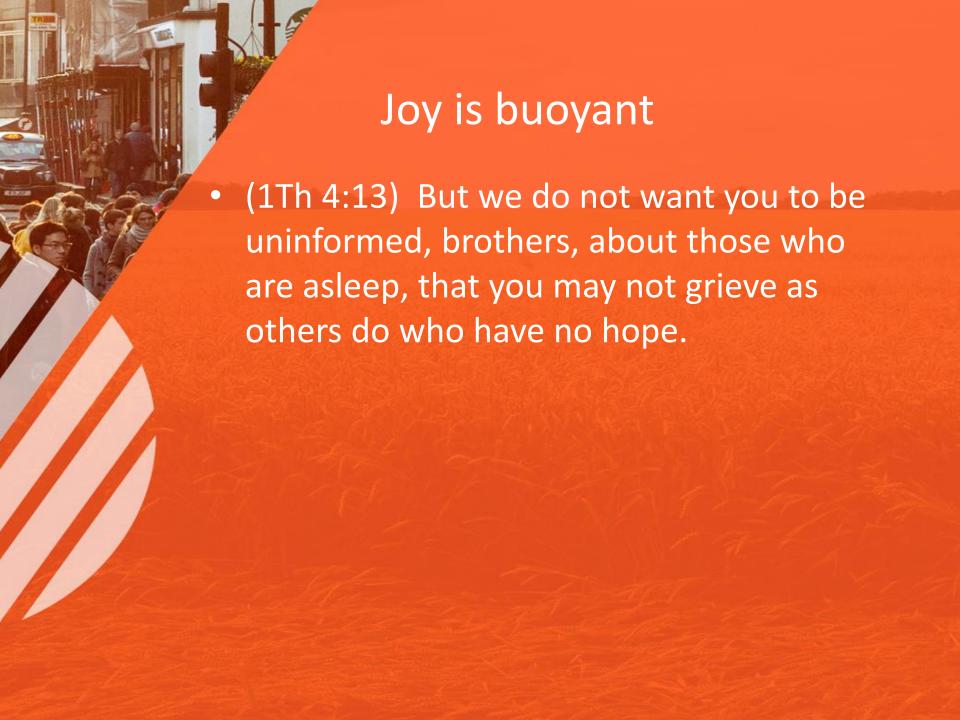
Sadness: Collapsing of those circumstances

The opposite of happiness is sadness

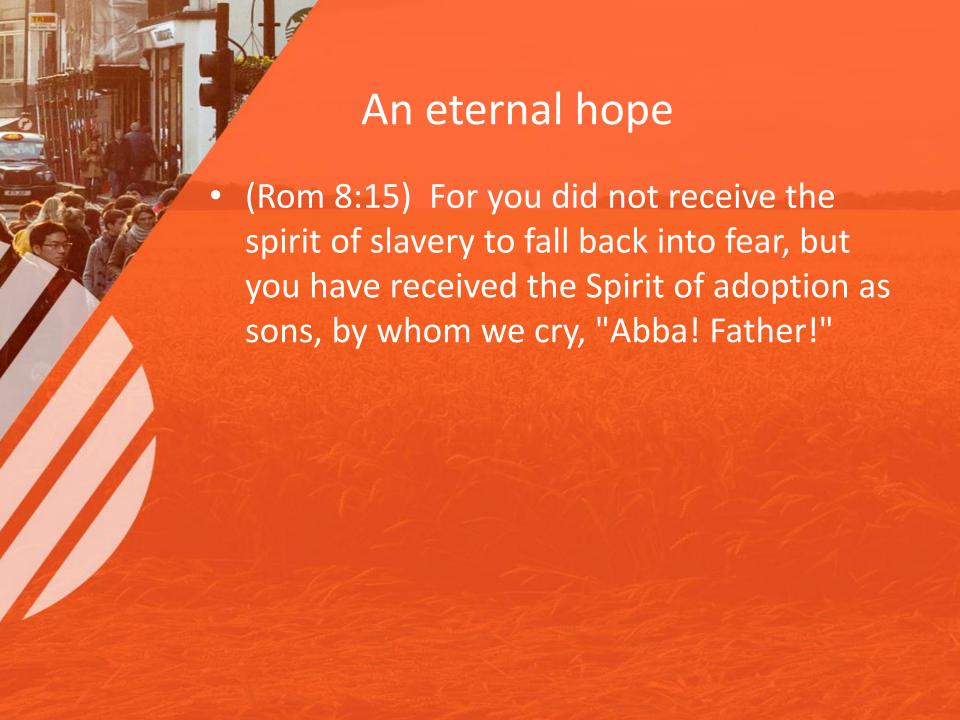


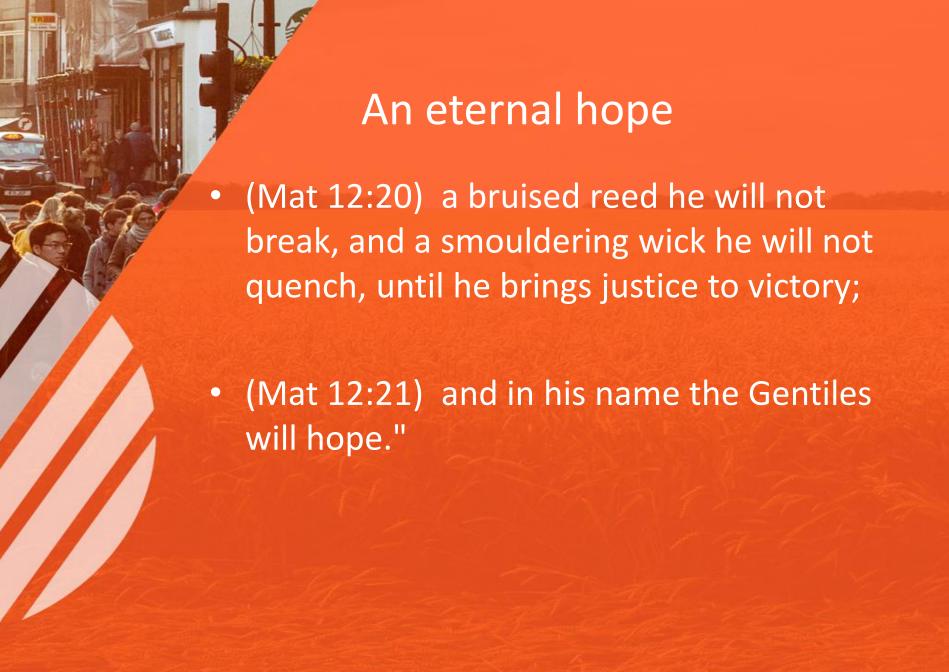
Joy is buoyant

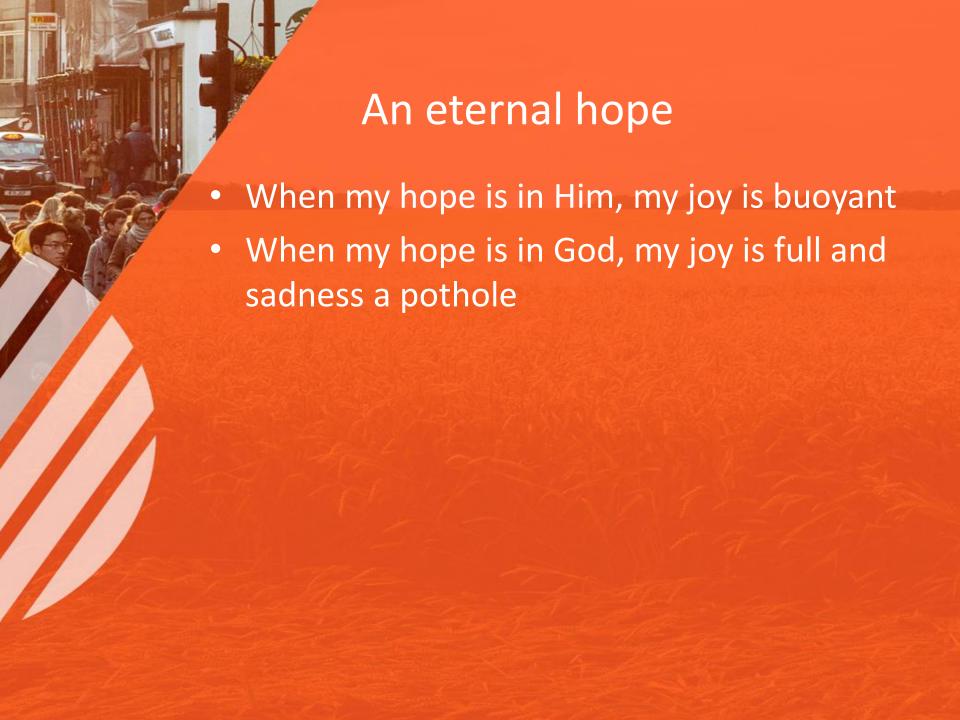
- (2Co 4:7) But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us.
- (2Co 4:8) We are afflicted in every way, but not crushed; perplexed, but not driven to despair;
- (2Co 4:9) persecuted, but not forsaken; struck down, but not destroyed;
- (2Co 4:10) always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.









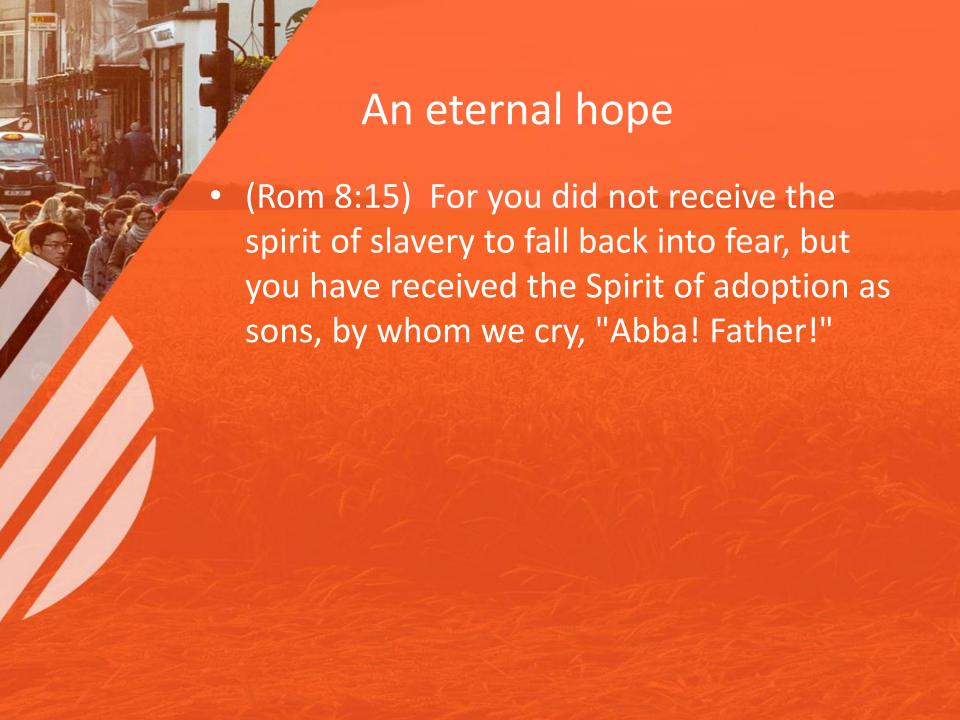


My Hope and Joy

 (Psa 4:7) You have put more joy in my heart than they have when their grain and wine abound.

 (Rom 8:31) What then shall we say to these things? If God is for us, who can be against us? (Rom 8:35) Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?

(Col 1:27) To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.





In Good circumstances, be joyful in the moment and by the beauty of God and what is to come

In sadness, rejoice in the growing depth of your relationship with God, and the relief that is coming in this life and the next.