

JOY

Loss and Recovery



Outline

- What is Joy?
(Recap)
- Causes of Lack of Joy
- Consequences of Lack of Joy
- Recovery of Joy

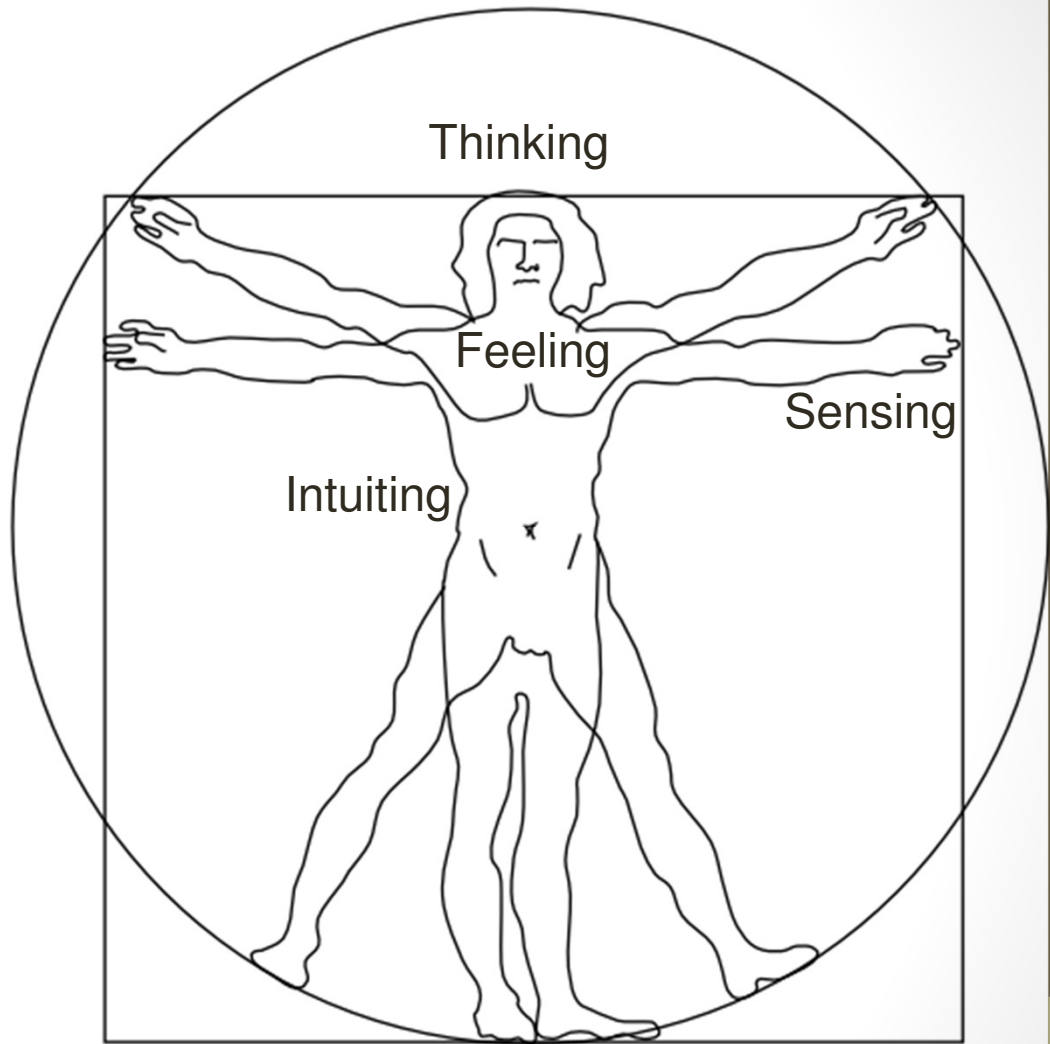
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What is joy?

- Joy is an aspect of a well developed feeling
- One of the fruits of the Spirit:
- Independent of circumstances
- Heaven-focused
- Nurture: Remember, Repeat
- Joy in: Cross, Resurrection, Second Coming, Fellowship, Service



Lack of Joy: Sin

- Many Biblical connections between sin & hardness of heart (Psalm 106, Isaiah 1:4, King Saul, Pharaoh, Israel...)
- **Spiritual Forgetfulness:**
“Beware that you do not forget the LORD your God by not keeping His commandments, His judgments, and His statutes which I command you today” (Deut. 8:11)



Lack of Joy: Forgetfulness

Decay and Paralysis of Commemoration

Without remembrance,
Holy Traditions
become a burden and
obsolete practices



“...when your children ask in time to come, saying, ‘What do these stones *mean* to you?’ Then you shall answer them that the waters of the Jordan were cut off before the ark of the covenant of the LORD; when it crossed over the Jordan, the waters of the Jordan were cut off. And these stones shall be for a memorial to the children of Israel forever.” (Joshua 4:6 – 7)

Lack of Joy: Loss of Focus

“No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.” (Matt. 6:24)

“Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it*.”
(1 Cor. 9:24)



Consequences: Powerlessness

"For the joy of the Lord is your strength" (Nehemiah 8:10)

Separation from:

- God's image
- Tradition & Rituals
- Sacraments

"These people draw near to Me with their mouth, and honor Me with their lips, but their heart is far from Me" (Matthew 15:8).



Consequences: Faithlessness

We are stewards:

- Give up on our responsibilities
- Forget the master (try to be independent)

"And what do you have that you did not receive? Now if you did indeed receive it, why do you boast as if you had not received it?"
(1 Corinthians 4:7)



Saul: Loss of Joy

Forgetfulness & Sin

“When I saw that the people were scattered from me, and *that* you did not come within the days appointed, and *that* the Philistines gathered together at Michmash, then I said, ‘The Philistines will now come down on me at Gilgal, and I have not made supplication to the LORD.’ Therefore I felt compelled, and offered a burnt offering.” (1 Sam. 13:11 – 12)



Saul: Consequences

So Samuel said to him,
“The LORD has torn the
kingdom of Israel from you
today, and has given it to a
neighbor of yours, *who*
is better than you. ²⁹ And
also the Strength of Israel
will not lie nor relent. For
He *is* not a man, that He
should relent.”
(1Sam. 28 – 29)



Recovery: Holy Contrition

"For godly sorrow produces repentance leading to salvation, not to be regretted"
(2 Corinthians 7:10).



“But when he came to himself, he said, ‘How many of my father’s hired servants have bread enough and to spare, and I perish with hunger!’”
(Luke 15:17)



Recovery: Holy Contrition



“Here comes the role of the Holy Spirit as an intercessor, teacher, and comforter. The Holy Spirit- inspired Litany for the Sick, requesting psychological and physical healing; prays for seven needs: **mercy, rest, refreshment, grace, help, salvation, and forgiveness.** When we call upon God, the help for the helpless, hope for the hopeless, and comfort for the faint-hearted; we will find the answer in the exclusive tenderness of Jesus Christ Who can heal from all kinds of injuries including physical, psychological, and emotional injuries.” (HGBY)

Recovery: Shift in Focus

"who shall separate us from the love of Christ?"
(Romans 8:35).

"I have set the LORD always before me; because He is at my right hand I shall not be moved" (Psalm 16:8).

Let us hear the conclusion of the whole matter:
Fear God and keep His commandments, For this is man's all. (Ecclesiastes 12:13)



Recap

- **Causes of Lack of Joy**
 - Sin
 - Forgetfulness
 - Lack of Focus
- **Consequences of Lack of Joy**
 - Powerlessness
 - Faithlessness
- **Recovery of Joy**
 - Holy Contrition
 - Shift in Focus

Glory be to God forever. Amen.

*"though the fig tree may not blossom, nor fruit
be on the vines; though the labor of the olive
may fail, And the fields yield no food; though the
flock may be cut off from the fold, and there be
no herd in the stalls. Yet I will rejoice in the
Lord, I will joy in the God of my salvation"
(Habakkuk 3:17,18).*