

PEACE & JOY IN THE HOLY GHOST

The Life Of The Flesh

I. **God places great significance on peace & joy-Rm14:17-The kingdom of God is not meat and drink but righteousness and peace [quiet, rest, tranquil] and joy [cheerful, calm delight, glad] in the Holy Ghost-ICB-In the kingdom of God eating and drinking are not important. The important things are living right with God, peace and joy in the Holy Spirit-NIRV-God's kingdom is not about eating or drinking. It is about doing what is right and having peace and joy**

- Should you? Is this possible? Does God expect us to do this? Can you tell people who are worried, sad, mad, afraid to stop it?
- A. Be careful for NOTHING-Stop worrying-Ph4:6-Be careful for NOTHING;ISV-Never worry about anything-AC-Do not fret or have anxiety about anything-Mt6:25-AC-Stop being perpetually anxious and worried about your life-1Pt5:7
- B. Rejoice ALWAYS-Stop being sad-Ph4:4-Rejoice in the Lord ALWAYS-1Th5:16, 2Cor6:10,Ps89:16-1Sm16:1-How long wilt thou mourn for Saul-Neh8:9-1Sm1:17-Go in peace
- C. Put away ALL anger-Stop being mad-Eph4:31-Let ALL bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you-Ps37:8-Cease from anger
- D. NEVER be afraid-Stop being afraid-Ph1:28-In NOTHING terrified by your adversaries; Jn14:27-Let not your heart be troubled, neither let it be afraid
- E. How much leeway does God gives us on this worry, sorrow, anger, fear?
- F. We'll encounter sorrow, fear, anger, but we don't just lay down-Ps118:6-I will not fear-1Sm30:6-Greatly distressed...encouraged himself-Ep4:26-Be angry and sin not
- G. What about?-Rm12:15-Weep with them that weep-Is53:5-Man of sorrows-2Cor7:10-Ep4:26

II. **The significance of peace and joy reaches far beyond your mood-Sorrow, fear, and anger have resulting destructive effects (spirit, soul, body, and life)**

- A. The enemy is after the destructive effect, not the mood-Jn10:10-WEB-The thief only comes to steal, kill, and destroy
- B. Sorrow, fear, anger are death-working forces-Hurt you-2Co7:10-The sorrow [sadness] of the world works death-Pr15:13-By sorrow (worry, anger, grieve) of the heart the spirit is broken-Pr17:22-A broken [grief, distress] spirit dries the bones-Pr14:30-Envy [jealous, anger] the rottenness [decay] of the bones [body]-Pr11:17-He that is cruel [fierce, harsh] troubles his own flesh-Mt14:30-Afraid and beginning to sink
- C. Joy and peace are life-giving forces-Help you-Pr17:22-A merry [joyful] heart does good like a medicine-Pr14:30-AM-A calm and peaceful and tranquil heart is life and health to the body-Pr11:17-The merciful [kind] man doeth good to his own soul [whole of a person-body/breath/mind]-Neh8:10-The joy of the Lord is your strength
- D. Knowing the effect of these things inspires us to stop yielding to them

III. **Sorrow, fear, anger break down the body**

- Is this true? So walking around sad and stressed hurts your body
- A. What happens in the spirit/soul affects the body-Pr17:22-A merry [glad, joyful, rejoicing] heart [inner man, soul, seat of emotions] does good like a medicine [cure, healing, lifting of illness, lift out of something]: a broken [grief or distress] spirit dries the bones [skeleton, self]-GNB-Being cheerful keeps you healthy. It is slow death to be gloomy all the time-TP-A joyful, cheerful heart brings healing to both body and soul. But the one whose heart is crushed struggles with sickness and depression-BBE-A glad heart makes a healthy body; but the bones of a sorrowful man dry up
1. Sorrow, stress (fear, anger) hurt the body-SEE NOTE 1
 2. Joy inside is medicine for the body-YL-A rejoicing heart doth good to the body-NIRV-A cheerful heart makes you healthy-DAR-A joyful heart promotes healing-

*NASB-A cheerful heart is good medicine-VO-A joy-filled heart is a curative balm-
NET-A cheerful heart brings good healing --- SEE NOTE 2*

B. Being sound inside ministers life to the flesh-Pr14:30-A sound [healthy, whole, unbroken] heart [inner man, soul, seat of emotion] is the life of the flesh: but envy [jealous, anger, hot] the rottenness [decay] of the bones [body]-AC-A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones-AM-A calm and peaceful and tranquil heart is life and health to the body-MS-A sound mind makes for a robust body, but runaway emotions corrode the bones-BBE-A quiet mind is the life of the body-CJ-A tranquil mind gives health to the body-ERV-Peace of mind makes the body healthy-NLT-A peaceful heart leads to a healthy body-TL-A relaxed attitude lengthens a man's life- NIV-A heart at peace gives life to the body- YLT-A healed heart is life to the flesh-VO-A serene heart can add years to one's life-BRENTON-A sensitive heart is a corruption of the bones

1. When you yield to sorrow, fear, anger your body responds-SEE NOTE 3

2. When you yield to joy your body responds-SEE NOTE 4

C. Being kind helps the body-Pr11:17-The merciful [kind] man doeth good to his own soul [whole of person-body/breath/mind] but he that is cruel [fierce, harsh] troubles his own flesh [body]-BBE-Merciless destroys his own body --- SEE NOTE 5

D. Pleasantness helps the body-Pr16:24-Pleasant words are as an honeycomb, sweet to the soul, and health [curative, medicine] to the bones [body] --- SEE NOTE 6

1. Pleasant-Agreeableness (agreeing with God), delight (joy), suitable (proper), grace (good will, kind), beauty (W18-joy, gladness); BDB-Kindness; A.Heb-Sweet; W1828-Cheerful, enlivening

2. Words are like containers-You can put sorrow, fear, anger in your words and speaking those kinds of words affects you

3. The words you speak affect your soul-Sweet to the soul

IV. **Doing what you can to keep your body in good working order has Kingdom significance because you need your body to do what God has called you to do-Although diet and exercise are important, if you yield to the wrong things inside diet and exercise alone won't be enough**

