

JOY IN THE HOLY GHOST

The Effects Of Joy

- I. **Your joy affects your strength-Ne8:10-The Joy of the Lord is your strength**
- A. Sorrow weakens you-Ps119:28-My soul melts for **heaviness** (sorrow): strengthen thou me according unto thy word-**Pr12:25-WY**-Mourning in the heart of a righteous person shall make him weak-**Pr27:3**-A stone is heavy and the sand weighty but a fool's **wrath** (sorrow) is heavier than them both
- B. A joyful believer, is a strong and victorious one-Pr18:14-AC-Strong spirit of a man sustains him in bodily pain or trouble-**Pr24:10**-If you faint in the day of adversity thy strength is small-**Ep6:10**-Be strong in the Lord...¹¹...that ye may be able to stand against the wiles of the devil
- II. **Your joy affects your health (physical & spiritual)**
- A. Laughter & physical health-1.Lowers chronic inflammation-Chronic inflammatory diseases (cancer, heart disease, dementia, stroke, diabetes)-2.Boost immune system-Increases immunoglobulin, killer cells, activates T-Cells which protect against bacteria, viruses, tumor cells, infection and fight cancer-3.Regulates blood pressure, reducing risks for heart disease-4.Improves brain function-5.Releases dopamine, serotonin, oxytocin, endorphins into the blood stream (promotes healing, low in depressed)-**Pr17:22**-Merry heart does good like a medicine but a broken spirit dries the bones-**TP**-A joyful...heart brings healing to both body and soul...one whose heart is crushed struggles with sickness and depression-**YL**-A rejoicing heart doth good to the body-**Pr14:30**-A sound heart [inner man] is the life of the flesh: but envy [jealous/anger] the rottenness [decay] of the bones [body]-**Pr11:17**-Merciful [kind] man does good to his own soul [whole of person] but he that is cruel [fierce/harsh] troubles his own flesh [body]
- B. Laughter & spiritual health-Pr15:13-Merry heart makes a cheerful countenance...by sorrow of the heart the spirit is broken-**Is61:1**-Sent me to bind up the brokenhearted (broke inner-man)...³...give unto them...oil of joy for mourning...(Ointment-Substance rubbed for medicinal purpose)
- III. **Joy does good-It's a remedy, it has curing effects, it promotes victory-Pr17:22-Is61:3-Js1:2**-Count it all joy when ye fall into divers temptations-**Hb3:17**-Although the fig tree shall not blossom, neither shall fruit be in the vines; the labor of the olive shall fail and the fields shall yield no meat; the flock shall be cut off from the fold and there shall be no herd in the stalls:¹⁸Yet I will rejoice in the Lord, I will joy in the God of my salvation-**1Sm30:6**-David was greatly distressed...encouraged himself in the Lord-**1Sm1:18**-Went her way and did eat and her countenance was no more sad
- IV. **It's a major strategy of Satan to get the church joyless and it's not just about affecting us emotionally-A joyless church is a weak/sick/defeated church**
- A. Joy is necessary oil/lubricant for us to function properly-Without the oil of joy the believer seizes up like an engine with no oil (you get weak, sick, dry, brittle)**Hb1:9**-Oil of gladness-**Ps32:3**-When I kept silence my bones waxed old through my roaring (distress) all the day long.⁴...my moisture is turned into the drought of summer