

2023

joychurch.life | 1.1.23
We love you. Yes, you.

For your consideration

Presence

In His presence is

- Love
- Acceptance
- Forgiveness
- Reconciliation
- Righteousness
- Full joy
- **Peace**

Peace

In His peace is

- Connection
- Wholeness
- Well-being
- Provision
- Protection
- Assuredness
- Confidence
- **Purity**

Purity

In His purity is

- Truth
- No untruth
- Light
- No shadows
- Goodness
- No evil
- Trust
- **Priorities**

Priority

In His priority is

- Purpose
- Destiny
- Order
- Direction
- Certainty
- Community
- Family
- **Power**

Power

In His power is

- Authority
- Supernatural
- Ministry
- Victory
- Triumph
- Reverence
- Awe
- No ego
- **Presence**

Jesus invented cancel culture (From message, "Free", 3/5/23) And on the 3rd day He invented "woke"!

Calls to Action. **Continually:**

- Engage Holy Spirit as Partner more
- Pursue physical health & well-being
- Seek and reveal the authentic Christ
- Consume scripture
- Deepen dependence on Holy Spirit
- Risk connection, amongness
- Yield. Submit. Surrender
Just say yes. Over & over. Mean it



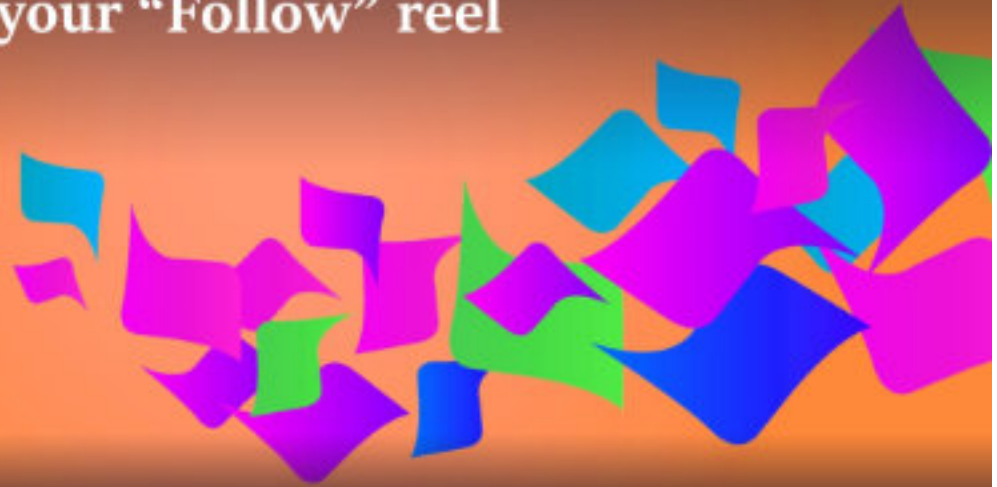
Don't. Do. Ask.

(Follow, Part 10)

Here's your "Follow" reel

Joy! Church | 8.6.23

We love you. Yes, you



Follow
Part 1_Overview

JOY! CHURCH | 2-5-23
WE LOVE YOU. YES, YOU

Follow Part 2 Partner!

Joy! Church | 2.12.23

We love you. Yes, you



DISCERN FOLLOW.PART3

Joy! Church | 2.19.23

We love you. Yes, you





Free!

Follow.Part 4

Joy! Church | 3.5.23
We love you. Yes, you





INAM

Follow, Part 6

Joy! Church | 4.23.23. We love you. Yes, you



W~~W~~JD WWJD

INAM Part 2

Rethinking "What Would Jesus Do"

What WILL Jesus Do

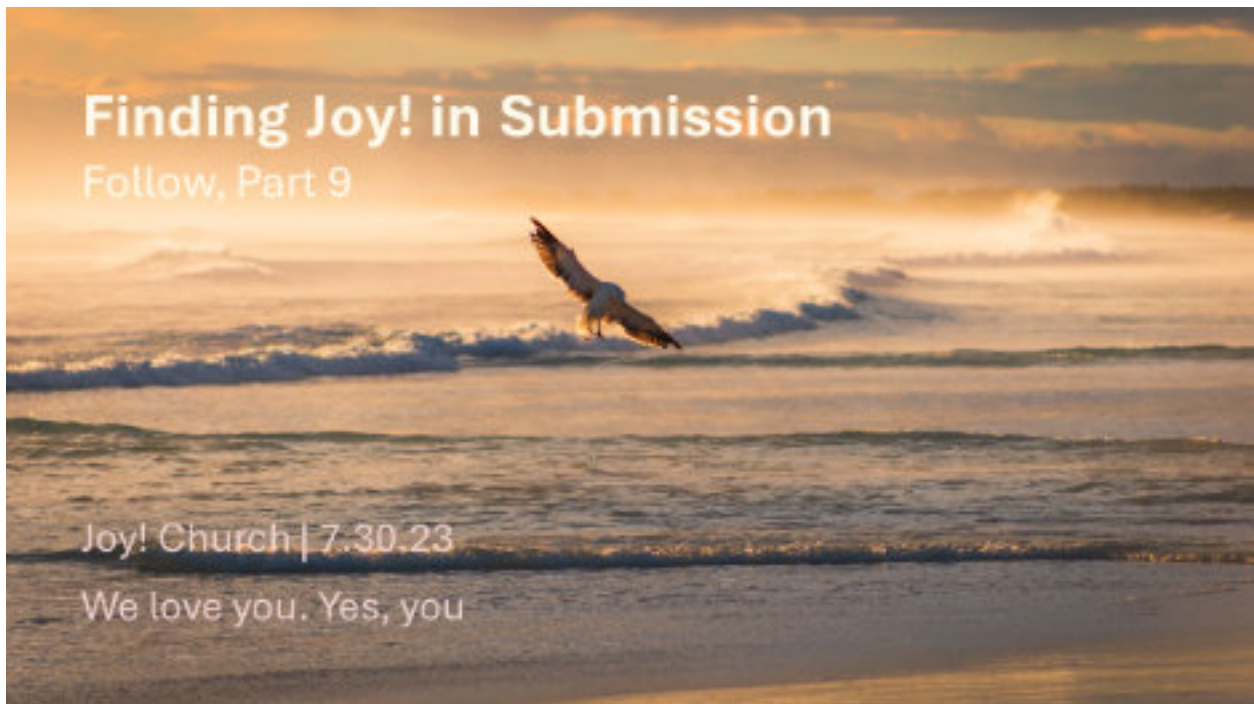
*It's not about me, Part 2
Follow Series, Part 7*

Joy! Church | 6.4.23
We love you. Yes, you



Finding Joy! In Repentance

FOLLOW, PART 8 | JOY! CHURCH | 7.23.23 | WE LOVE YOU. YES, YOU



Finding Joy! in Submission

Follow, Part 9

Joy! Church | 7.30.23

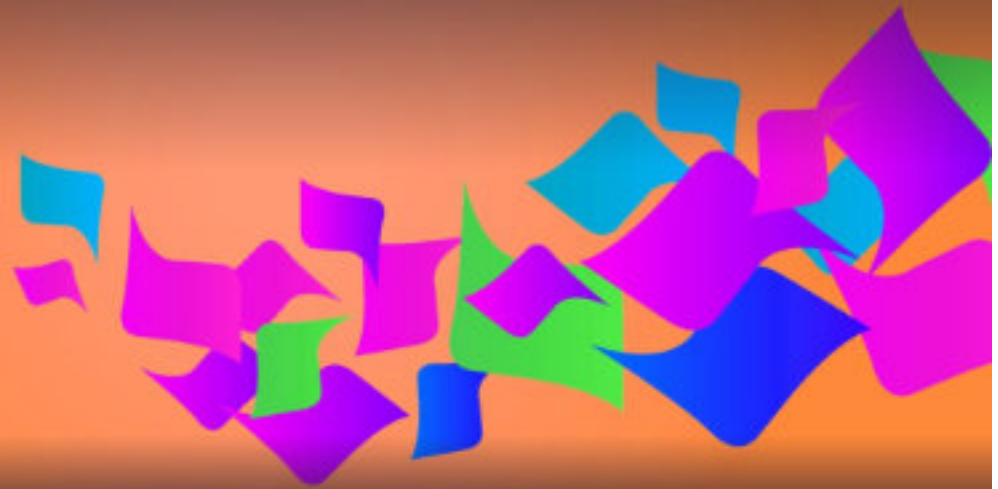
We love you. Yes, you

Don't. Do. Ask.

(Follow, Part 10)

Joy! Church | 8.6.23

We love you. Yes, you



Don'ts (and better options)

- **Trigger big change or choices when triggered**

- *H.A.L.T.* Hungry. Angry. Lonely. Tired.

HALT!

- *P.A.U.S.E.* Pained. Anxious. Unhealed. Self-righteous. Emotional.

PAUSE!

- **Try a geographical**

- Remember: How you exit (leave, go out) is how you enter (go in, start). Always. Without fail.

- Change inputs, atmospheres and influences...
not jobs, relationships or zip codes

Don'ts (and better options)

- **Pool messes**

- Resist temptation to run to others alike
- Turn down all invitations from yourself or others to join pity parties
- Affiliate with those who have made it through and have healed
- Follow "Rule of 10's"
- Let in trustworthy examples, or have track record as true followers

- **Use alcohol, weed or any other mood-altering substance**

- Instead, invest your time, treasure and talent in healthy pleasure seeking

- **Post or process your stuff on social media**

- Create private journal entries, letters, songs, videos no one else will ever see

Do: Steward well what is truly, only yours

Own, take responsibility for the **3 things you CAN control**

(God won't overrule, and no person can legitimately take away)

- **Your thoughts**

- Slow; pause; breathe; intend

- **Your time**

- The most precious thing you ever will have

- **Your choices**

- Your "yes" matters most. Your "no" then becomes secondary, easier, automatic

Activation / Practice distilled to its essence



#1
Is this a
right thing?



#2
Do I have the
right heart?



#3
Is this the
right time?



#4
Do I have the
right people?