

Today we want to consider \*hindrances to rejoicing.\*

What are the things that hinder our free flow of rejoicing?

There are quite a lot, but we'll be touching a few tonight.

\*1. Sorrow\*

I am starting with sorrow because it's almost like the endpoint of everything.

This is where it all ends.

Things happen in this life.

Good things.

Bad things.

Pleasant things.

Unnecessary things

Painful things.

Disappointing things...

Things sha...

At times we can't control these things, so we control the one we can, with the help of the Holy Spirit and the rest, we control \*our reaction\*

\_ We can't afford to allow these things determine how we live. \_

\*You determine how you live not the circumstance.\*

"... Weeping (sorrow) may tarry for the night, \*but joy comes with the morning\*". Proverbs 30:5

As Christians, we are children of LIGHT (Morning), \*we are \_supposed\_ to consistently walking in the morning, so our joy should be constant, consistent and continuous.\*

We should have 24 hours 'morning'!

We should have joy always!!

That is what Jesus died for.

Note, it doesn't mean 'EVERYTHING' is always fine, it just means everything doesn't determine our lives, the Spirit of God does.. And it's \*JOY\* he wants for us!

\_"The blessing of the Lord makes rich, and he adds no sorrow with it."\_ Proverbs 10:22

You ARE and you HAVE the blessing of the Lord, \*NO SORROW\*

No need to endure sorrow, but to 'count it all joy..' as scriptures say.

\*2. Discouragement\*

\_Discouragement makes you lose sight of the gains of the past, saps out the joy of your present and prevents you from hoping for the future.\_

"Casting all your anxieties on him, because he cares for you." 1 Peter 5:7

As soon as the discouragement comes, there is one thing to do, cast it on Jesus!

\*3. Failure\*

Proverbs: 13. 12.

"Hope deferred makes the heart sick; but when the desire comes, it is a tree of life."

So yeah, you tried out something and it didn't work, don't begin to see yourself as a failure.

Rather than fix your eyes on the hope that was deferred, \*keep your eyes on the fact that your desire can come!\*

So, this desire did not come to pass, others can.

Rejoice.

You made a mistake that you can't believe, don't begin to think you are mistake.

Move on in life meh!

\*4. Weakness.\*

So you fell for that weakness again and the devil is about to use guilt to tie you down there,  
\*rise in victory!\*

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."  
Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may  
rest upon me." 2Corinthians 12:9

You can have victory everyday!

You can win that weakness.

Dont be blinded by guilt that will tie you down.

Even if you are feeling guilty, drag yourself and the guilt to the cross, "...come boldly.."

Finally,

No matter what you go through, always remember this.

"I have said these things to you, that in me you may have peace. In the world you will have  
tribulation. \*But take heart; I have overcome the world\*." John 16:3

Let's pray,

\*"May the God of hope fill you with all joy and peace in believing, so that by the power of the  
Holy Spirit you may abound in hope."\* Romans 15:13

Any question?

\*Question\*: Thanks for the session. God bless you.

Now that we've read through, we may feel motivated and all at the moment.

But the thing is...

These things are sincerely not as easy as said.

Like, don't be discouraged, keep your eyes on your desire, etc.

We keep hearing these things but honestly, one just gets motivated for a while. It's not easy when.

It's not easy to fail and keep your eyes on the fact that your desire can come. How?

Or to move on like that after a terrible mistake. How do we conquer that itch to hurt ourselves or regret or beat ourselves over. Some of us might have gotten to that point (after many episodes) but many haven't.

It's not easy to rejoice in the face of all these.

How do we do it then?

\*Answer\*: True.

That's why we started from where we started this series from.

It's a \*choice\* we make based on the understanding of what we have been given.

Every time we worry, \*it's a choice we make.\*

And since it's easier to be worried when negatives are thrown at you, rejoicing seems like what is against the grains, so it comes off tougher..but it pays off.

So yeah, it can be tough, but we should be aware of where we should be.

Choose to keep your joy.

We practically 'fight' for our joy everyday.

As we consistently walk in this, it becomes our response.

\*Question\*: Even when your parents are on your neck for not getting admission into the university yet. And you feel so much pressure.

Or when your CGPA keeps degenerating no matter the study methods you've tried.

Or when there are conflicts at home.

How do we keep our joy in all these?

(Please, I love being practical, hence the examples.)

Maybe we keep progressing even as we work towards it?

And maybe we shouldn't feel bad if at some point, the rejoice vibe isn't coming and we just want to stay there?

Hope you get me, Sir?

\*Answer\*: Yes.

There are two options.

Worry or rejoice.

Now like I mentioned in the first part, rejoice isn't just an action, it's an attitude.

So, I am not asking you to jump around the house screaming for joy..(well you could)..choose to keep your heart from worrying...

Think rather on God's promise to you.

As parents throw theirs at you, go back to keep your eyes on God's word...

Faith comes by hearing....

When you are in worried state, it's easier to miss out many things.

Worrying can blind you to seeing.

This is a major.

But it still comes to our choice.

There are times we just want to stay there... but that's allowing the devil have a field day in our lives

I should touch on the line between rejoicing and faking it tomorrow, I hope that should help explain this

\*Question\*: Should we call this "fight for joy" a continuous process?

\*Answer\*: It is.

However, per time we arrive at different destinations in different areas of our lives.

Paul had his fair of wahala all through his life...yet he declared joy.

Different characters are grown in our lives as we walk in joy.