

# “The Joy Factor and You”

Matthew 28:1-10, Genesis 2:1-3

**May 21, 2017**

*Sermon Series: The Forgotten Commandment: Finding Rest, Renewal, and Joy in Our Busy Lives*  
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## **THE BIG IDEA**

God desires for us to find joy in this life through Christ. Joy is comparable to the “whack-a-mole” game at carnivals. No matter how hard the world may try to suppress our joy, it is irrepressible because it rests in Christ’s promises for our lives; it keeps on surfacing. This differs from happiness because joy is rooted in the eternal promises of Christ. Jesus invites us to not only receive the joy of knowing him, but to also cultivate it. There are proactive measures we can take to be more open to receiving and cultivating joy in our lives.

A day of rest is important because it helps us to debrief life’s ills and the traumas we can endure in a broken world. This debriefing relieves us of inner turmoil that can interfere with our openness to receiving joy. Sabbath also provides us a chance to focus on the power of Christ’s resurrection. Finally, days of rest let us cultivate joy by engaging in life-giving passions or hobbies—running, gardening, cooking, study, hiking, and so on.

## **GETTING STARTED**

### **LEARNING & LIVING OUT SCRIPTURE**

Together, read Matthew 28:1-10 and Genesis 2:1-3.

- 1) The disciples experienced joy when they saw that Jesus rose from the grave. Imagine if you were them. Explain what that sensation of joy in the moment would have been like.
- 2) What implications does Jesus Christ’s resurrection have for our lives? Consider what Pastor Henry said about the assurance of Christ’s promises—Jesus promised he would rise from the grave and he did! What does this say about Christ and who he is? Name at least 3-5 implications of Christ’s triumph over the sin and death.

John Wesley, who was the founder of Methodism (18<sup>th</sup> C), said the pursuit of holiness leads to happiness or “joy.” What do you see as the link? Bear in mind that God is holy and infinite joy.

### **LIVING OUT “REAL LIFE”**

- 3) Pastor Henry introduced two types of avocational activity for Sabbath:
  - a) A time of private worship—prayer, Scripture, listening to praise music or hymns, etc.
  - b) Taking time for your passions or hobbies that give you life.

How are practicing both on your day of rest?

- 4) How you are doing with joy? Why is joy so important in the Christian life? Why is a joyful posture vitally important for not only our quality of life but for our Christian witness?
- 5) Similarly, Pastor Henry spoke of our need for awe and wonder. Psalm 8 speaks to our need for letting the mighty acts of God throughout creation invite us into worshipful moments. Do you let God fill you with awe and wonder? How do they relate to joy?

### **THE “EXTRA-MILE”**

CS Lewis said “Joy is the serious business of heaven.” Throughout summer, make joy your serious business! Be hyper intentional in cultivating joy in your life through worship of God (private and communal) and activities that give you joy and fulfillment. Receive this gift of rest from God and rejoice in it (Psalm 118: 24)!

### **SHARING & PRAYER REQUESTS**

In your prayer time, lift up some news in your life or in the world around you that makes you glad or joyful.