

Maintaining a Full Joy Tank Pt-2

The joy of the lord is our strength. Therefore, we must make sure we are maintaining a full Joy Tank. (Our responsibility. Whatever we obtain we must maintain.)

In this lesson we will discuss several keys to maintain a full Joy Tank

KEY #1 - We Must Control Our Thought - Negative thoughts and lies from the devil will rob you of your joy.

- Truth and positive godly thoughts from God's word will add to our joy tank. It will keep it full. We must replace negative thoughts and lies with the word of God.

2 Corinthians 4:4NLT

Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God.

- The devil want us to focus more on the problem and become worried and depressed beside focusing on the answer which is the word of God.

Philippians 4:8

And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.

Question: when you have a water leak what do you do? Fix the leak. Well, when you have a thought leak you do the same thing, Fix the leak

KEY #2 - We Must Stay Full of The Spirit - The HOLY SPIRIT Will Assist us in Keeping Our Joy Tank Full

- When we stay full of the spirit we will stay full of joy

Ephesians 5:18-19 TPT

And don't get drunk with wine, which is rebellion; instead be filled continually with the Holy Spirit. And your hearts will overflow with a joyful song to the Lord. Keep speaking to each other with words of Scripture, singing the Psalms with praises and spontaneous songs given by the Spirit!

- On purpose you sing to the Lord with and without your understanding Until you become full.

Ephesians 5:18-19 TLB

Don't drink too much wine, for many evils lie along that path; be filled instead with the Holy Spirit and controlled by him. Talk with each other much about the Lord, quoting psalms and hymns and singing sacred songs, making music in your hearts to the Lord.

- When we are filled with the spirit then we will overflow with joy, praises and songs to God

KEY #3 - We must stay focused on the Word - Stay focused on the benefits Jesus made available to us through his shed blood.

Hebrews 12:1-3Tpt

As for us, we have all of these great witnesses who encircle us like clouds. So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life's marathon race with passion and determination, for the path has been already marked out before us. We look away from the natural realm and we focus our attention and expectation onto Jesus who birthed faith within us and who leads us forward into faith's perfection. His example is this: Because his heart was focused on the joy of knowing that you would be his, he endured the agony of the cross and conquered its humiliation, and now sits exalted at the right hand of the throne of God! So consider carefully how Jesus faced such intense opposition from sinners who opposed their own souls, so that you won't become worn down and cave in under life's pressures.

- stay focus on the God's promises, His benefits and the rewards
- keep our focus on the word and not the challenge. Keep it on the answer
- we can't maintain a full Joy tank apart from the word of God

KEY #4 - We must keep a winning attitude

- Your attitude determines your altitude. To stay High With a winning attitude you must consider every challenge as pure joy

James 1:2-3

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.

- We must make up our minds no matter what the challenge or opposition is We will win and we will keep a winning attitude.

Discussion Questions

1. What is the last challenge you had that was an opportunity for you to lose your **Joy**?
2. What did you do to maintain your **Joy Tank**?