# Peace + Joy



**Peace and joy are fruit, not effort.** The Spirit grows them. Our circumstances do not decide them.

## PEACE

### Trust him, or grab the wheel

| TRUSTED HIM | GRABBED THE WHEEL |
|---|---|
| *Asleep in the storm* | *"Don't you care?"* |
| Jesus · Peter · Daniel | the disciples · Martha |

Mark 4:38 · Isaiah 26:3 · Philippians 4:6–7

## JOY

### In the Lord, or in circumstances

| IN THE LORD | IN CIRCUMSTANCES |
|---|---|
| *Singing at midnight* | *Grumbling over manna* |
| Paul & Silas · Habakkuk | Israel · Jonah · Ahab |

Acts 16:25 · Habakkuk 3:18 · Philippians 4:4

## IN PRACTICE

### WHERE PEACE AND JOY COME FROM

**Hand it over:** *"casting all your anxieties on him, because he cares for you."* (1 Pet 5:7)

**Pray before you scroll:** *"in everything by prayer and supplication with thanksgiving let your requests be made known to God."* (Phil 4:6)

**Thank him out loud:** *"give thanks in all circumstances"* (1 Thess 5:18)

**Sing anyway:** *"singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."* (Col 3:16)

**Look up, not in:** *"we look not to the things that are seen but to the things that are unseen."* (2 Cor 4:18)

**Not my will:** *"Yet not what I will, but what you will."* (Jesus, Mark 14:36)

**Talk to yourself:** *"Why are you cast down, O my soul … Hope in God."* (Ps 42:11)

### WHERE THEY DON'T

**Money ≠ joy:** *"He who loves money will not be satisfied with money."* (Eccl 5:10)

**Comfort ≠ peace:** *"Relax, eat, drink, be merry."* (the rich fool, Luke 12:19)

**Winning ≠ joy:** *"Do not rejoice in this, that the spirits are subject to you."* (Luke 10:20)

**Control ≠ peace:** *"Teacher, do you not care that we are perishing?"* (the disciples, Mark 4:38)

**Numbing ≠ peace:** *"Let us eat and drink, for tomorrow we die."* (Isa 22:13)

**Busy ≠ peace:** *"Martha, Martha, you are anxious and troubled about many things."* (Luke 10:41)

**A good day ≠ joy:** *"Jonah was exceedingly glad because of the plant."* (Jonah 4:6; by morning, "angry enough to die")

## Same storm. Same jail. The difference is who is inside you.

*"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 (ESV)



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