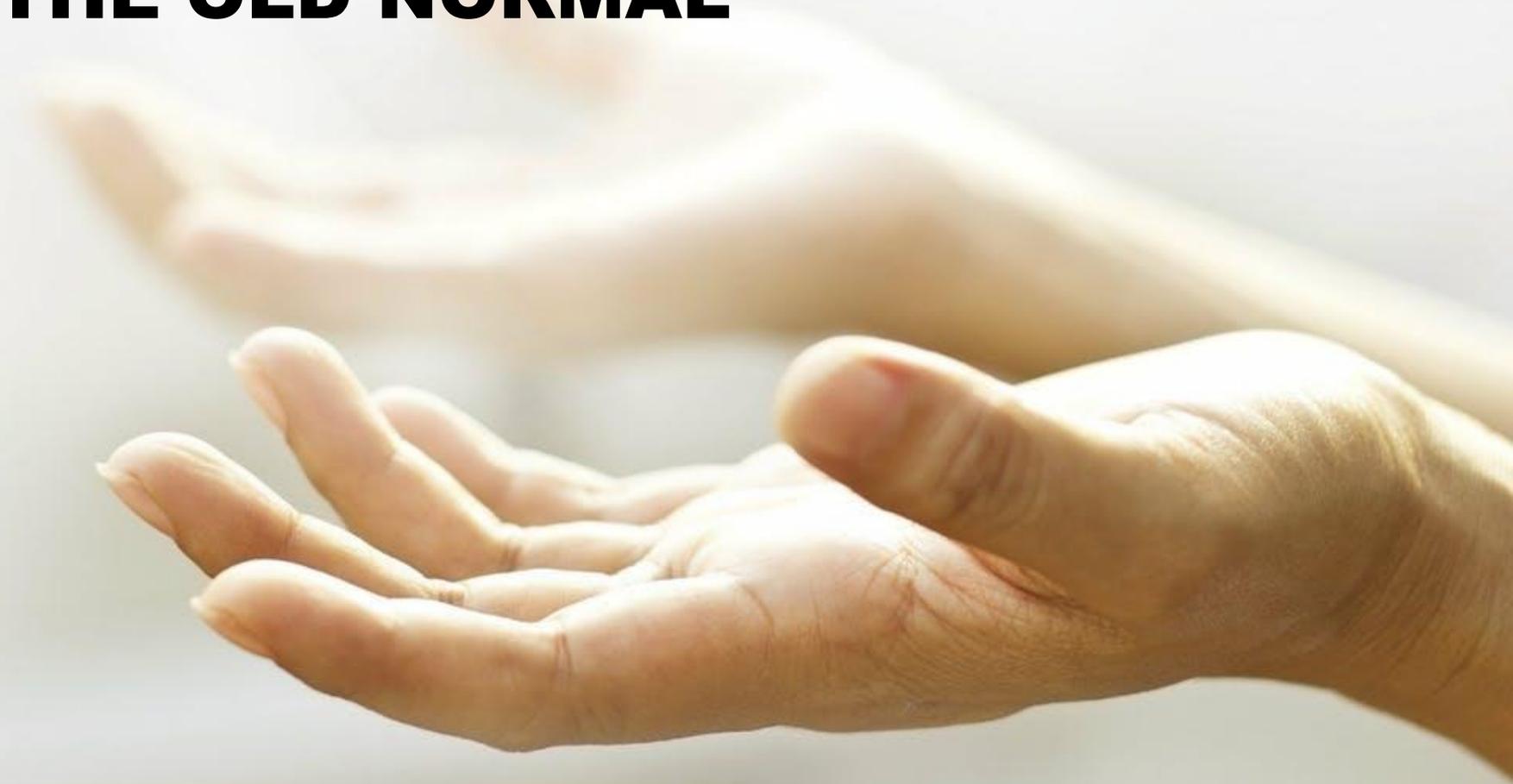
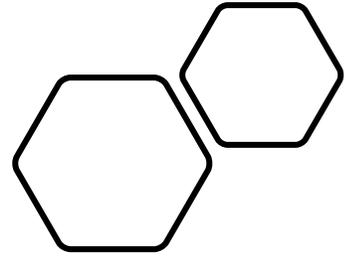


THE OLD NORMAL









1. BE JOYFUL.

“Rejoice always.” vs. 16



***Joy is independent of circumstances.**

“Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing; so that also at the revelation of His glory, you may rejoice with exultation.”

1 Peter 4:12-13

***Joy is miraculous.**

“But the fruit of the Spirit is love, joy, peace...”

Gal. 5:22

***Joy springs from your relationship with the Lord.**

“Shout joyfully to the Lord, all the earth...come before Him with joyful singing. Know that the Lord Himself is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture.”

Ps. 100:1-3

“It will no longer be said to you, ‘Forsaken,’ nor to your land will it any longer be said, ‘Desolate’; but you will be called, ‘My delight is in her,’ and your land, ‘Married’; for the Lord delights in you, and to Him your land will be married. For as a young man marries a virgin, so your sons will marry you; and as the bridegroom rejoices over the bride, so your God will rejoice over you.” Isa. 62:4-5

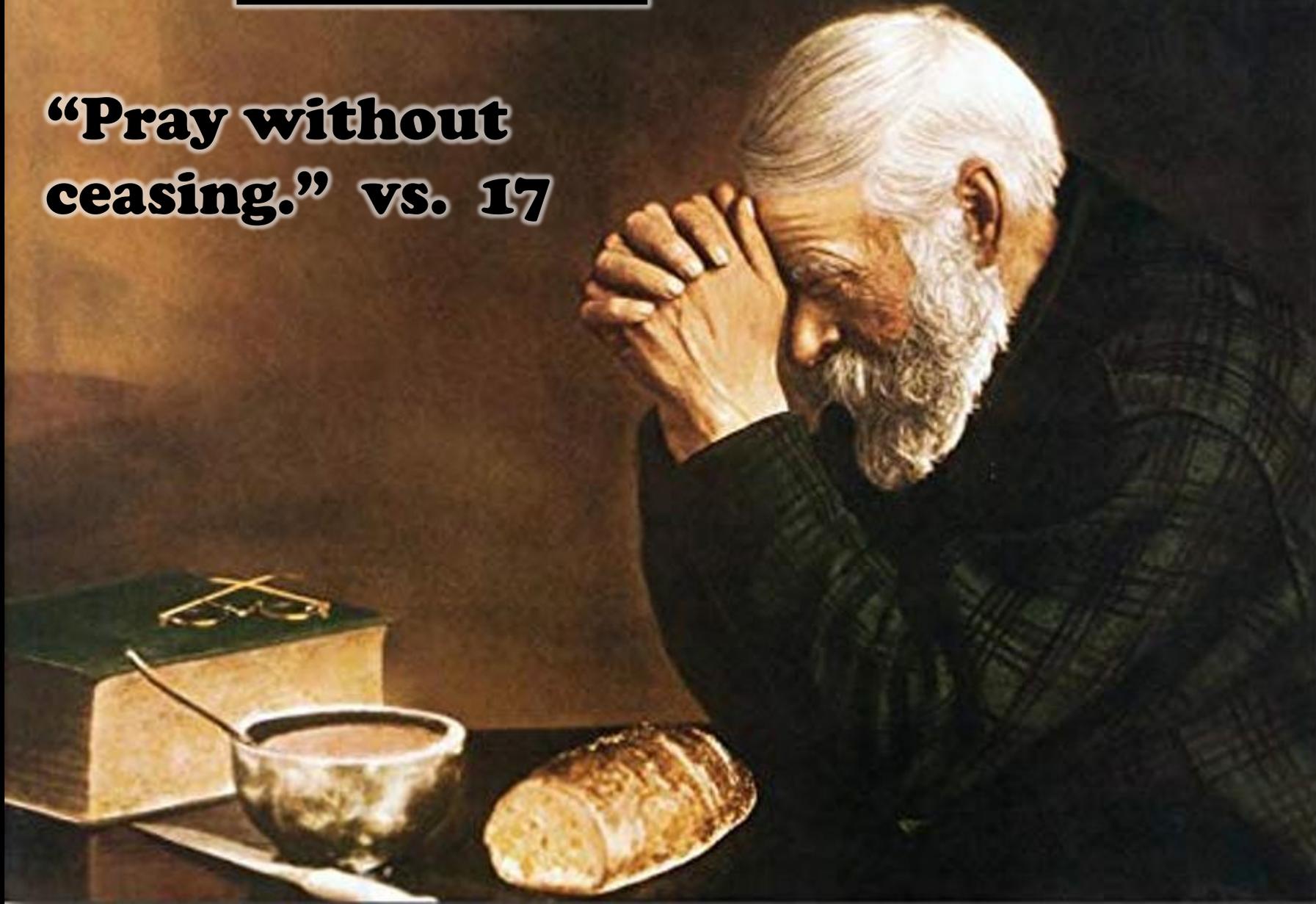
***Joy is rooted in the understanding that God is in control.**

“And we know that God causes all things to work together for good to those who love God...” Rom. 8:28

“And he said, ‘Naked I came from my mother’s womb, and naked I shall return there. The Lord gave and the Lord has taken away. Blessed be the name of the Lord.’” Job 1:21

2. BE PRAYERFUL.

**“Pray without
ceasing.” vs. 17**



“Give ear to my words, O Lord, consider my groaning. Heed the sound of my cry for help, my King and my God, for to Thee do I pray. In the morning, O Lord, Thou wilt hear my voice; in the morning I will order my prayer to Thee and eagerly watch.” Ps. 5:1-3

“My voice rises to God, and I will cry aloud; my voice rises to God and He will hear me. In the day of my trouble I sought the Lord; in the night my hand was stretched out without weariness...”

Ps. 77:1-2

**“Hear my cry, O God; give heed to my prayer.
From the end of the earth I call to Thee, when my
heart is faint; lead me to the rock that is higher
than I.” Ps. 61:1**

3. BE THANKFUL.

“In everything give thanks; for this is God’s will for you in Christ Jesus.” vs. 18



“Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.” Col. 3:16

APPLICATION FOR ME:

REJOICING?

PRAYING?

THANKFUL?

THE OLD NORMAL

