

Overflow
Part 2 – “Joyful Problems”
July 14 & 17

Proverbs 17:22

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Happiness depends on what is [happening](#).

“Christian joy is a good feeling in the soul, produced by the Holy Spirit, as he causes us to see the beauty of Christ in the word and in the world.” —John Piper

Nehemiah 8:9–10

Then Nehemiah the governor, Ezra the priest and scribe, and the Levites who were instructing the people said to them all, “This day is sacred to the LORD your God. Do not mourn or weep.” For all the people had been weeping as they listened to the words of the Law. Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the LORD is your strength.”

God is [joyful](#).

James 1:2–4

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.

“We believe God’s ultimate responsibility is to keep us from trials. But if he does, he’d also be keeping us from ultimate joy.” —Erwin McManus

1 Thessalonians 5:16–18

Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.

This week:

- Silence and Solitude. I will spend _____ minutes in Silence and Solitude this week.
- Read and reflect on 1 Thessalonians 5:16-18.
- Journal as you reflect on 1 Thessalonians 5:16-18.