

Rhythm: The Rhythm of Joy
Pastor Dennis Rouse
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Matthew 11:28-39 MSG

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Isaiah 61:1-3 NKJV

“The Spirit of the Lord God is upon Me, because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, THE OIL OF JOY FOR MOURNING, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified.”

Top 5 Things That Steal Your Joy:

1. Out of Control Schedules

Ecclesiastes 4:6 NIV

Better one handful with tranquility than two handfuls with toil and chasing after the wind.

“Not everything that’s doable is sustainable.”

Psalms 127:2 TLB

It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.

2. Culture of Comparison

3. Ruminating

“Focused attention on one’s symptoms of distress instead of solutions”

4. Inability to Process Pain

5. Spiritual Warfare

Ephesians 6:10-12 NLT

A final word: Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

3 Reasons We Experience Heaviness and Depression:

1. Biochemical

2. Circumstances

3. Spirit-Driven

Hebrews 12:2 NIV

... fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

James 1:2 NLT

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.

Nehemiah 8:10 NKJV

“... the joy of the Lord is your strength.”

Principles of Joy:

1. Slow down and spend time in the presence of God.

Psalm 16:11 NKJV

You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

2. Practice the art of ruminating the Word.

Philippians 4:4 NLT

Always be full of joy in the Lord. I say it again—rejoice!

Philippians 4:8 NLT

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

3. Get around people who encourage you.

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