

**Advent: Power of Joy**  
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**CDC Stats:**

- 40% of all Americans are currently grappling with mental health issues
- 28% of all Americans are fighting depression
- 75% of young adults are battling with some level of depression
- 1 in 4 young adults have thought of taking their life in the last 30 days
- In JAPAN, more people died from suicide in October than COVID-19 the entire year
- Every addictive behavior problem is at an all-time high

**Advent:** coming or arrival of a notable person, thing, or event

**Christian Meaning of Advent:** coming or second coming of Christ

**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.”

**Matthew 24:3-14 TPT**

“So listen and follow what they teach, but don’t do what they do, for they tell you one thing and do another. They tie on your backs an oppressive burden of religious obligations and insist that you carry it, but will never lift a finger to help ease your load. Everything they do is done for show and to be noticed by others. They want to be seen as

holy, so they wear oversized prayer boxes on their arms and foreheads with Scriptures inside, and wear extra-long tassels on their outer garments. They crave the seats of highest honor at banquets and in their meeting places. And how they love to be admired by men with their titles of respect, aspiring to be recognized in public and have others call them 'Reverend.' But you are to be different from that. You are not called 'master,' for you have only one Master, and you are all brothers and sisters. And you are not to be addressed as 'father,' for you have one Father, who is in heaven. Nor are you to be addressed as 'teacher,' for you have one Teacher, the Anointed One. The greatest among you will be the one who always serves others from the heart. Remember this: If you have a lofty opinion of yourself and seek to be honored, you will be humbled. But if you have a modest opinion of yourself and choose to humble yourself, you will be honored."

**John 15:11 NKJV**

"These things I have spoken to you, that My joy may remain in you, and that your joy may be FULL."

**John 17:13 NIV**

"I am coming to you now, but I say these things while I am still in the world, so that they may have the FULL MEASURE of my JOY within them."

**John 10:10 NIV**

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the FULL."

**James 1:2-4 TPT**

My fellow believers, when it seems as though you are facing nothing but difficulties see it as an invaluable opportunity to experience the greatest joy that you can! For you know that when your faith is tested it stirs up power within you to endure all things. And then as your endurance grows even stronger it will release perfection into every part of your being until there is nothing missing and nothing lacking.

“YOU AND I ARE LIVING IN VICTORY TO THE DEGREE WE ARE LIVING WITH JOY!”

### **Differences Between Happiness and Joy:**

**Happiness:** depends on favorable circumstances

**Joy:** independent of circumstances

**Happiness:** based on feelings

**Joy:** based on the power of the Holy Spirit

**Happiness:** leaves you in times of trouble

**Joy:** guides you in times of trouble

**Happiness:** connected to the state of relationships—finances—health—career

**Joy:** connected to the state of your relationship with God

**Happiness:** temporal

**Joy:** eternal

**Happiness:** leaves you always wanting more

**Joy:** leaves you always fulfilled

### **How to Activate the Power of Joy:**

1. Make an influence shift.

#### **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.

Joy can only be found in Christ alone!

2. Get your thought life under control.

#### **2 Corinthians 10:3-5 NKJV**

For though we walk in the flesh, we do not war in the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ ...

**Ruminating:** playing destructive thoughts over and over in your mind

**Joshua 1:8 NKJV**

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

3. Learn to rejoice in spite of how you feel.

**Psalms 5:11 NLT**

But let all who take refuge in you rejoice; let them sing joyful praises forever. Spread your protection over them, that all who love your name may be filled with JOY.