

Romans 12 verse 12

“Be joyful in hope, patient in affliction, faithful in prayer.”

Philippians 4 v 4

**“Rejoice in the Lord always: and
again I say, Rejoice”**

Where are you on the Continuum between Depression and Flourishing

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Languishing

Flourishing

- **A Mental Health perspective**
- **Having a sense of Meaning, Mastery, and
Mattering**

Languishing

- **Failing to make progress**
- **A state of Burnout, stuckness, or dulling, with no motivation, and tending towards numbness**

“It wasn’t burnout — we still had energy. It wasn’t depression — we didn’t feel hopeless. We just felt somewhat joyless and aimless...

Languishing is a sense of stagnation and emptiness. It feels as if you’re muddling through your days, looking at your life through a foggy windshield.” AG

**“you might not notice the
dulling of delight” AG**

John 10 v 10

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

Romans 14 v 17

“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,”

Nehemiah 8 v 10b

“Nehemiah said, “...Do not grieve, for the joy of the Lord is your strength.”



Psalm 34 v 4 + 5

“I prayed to the Lord, and he answered me.

He freed me from all my fears.

**Those who look to him for help will be radiant with
joy;**

no shadow of shame will darken their faces.”

Habakkuk 3 v 17 - 19

“Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls,
yet I will rejoice in the Lord,
I will be joyful in God my Savior.”

Habakkuk 3 v 17 - 19

YET WILL I

‘Sorrow is inevitable in life, joy is not. Joy we have to choose and keep choosing.’

John Mark Comer

**‘Joy needs to be a consciously
chosen way of living and thinking.’**

Richard Foster

**“He can't transform who you're
pretending to be.”**

Jon Tyson

In the Scriptures, joy is rooted both in God and in the ways of God, or living life as God intended it. Through Jesus, God is showing us the best way to be human, to live a life filled with joy.'

Bridgetown Church Advent Reflection 2022

Romans 15 v 13

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”