

A wooden-framed letterboard is centered on a dark blue, textured background. The letterboard has a black surface with horizontal lines. The text "REIMAGINING JOY" is written in white, uppercase, sans-serif font. The word "REIMAGINING" is on the top line, and "JOY" is on the line below it.

REIMAGINING
JOY

Resilience (*noun*)

- The ability to **joyfully adapt, recover, and reengage** quickly without **distorting** your sense of **self**, your view of **God or His people**.

Building blocks of **Resilience**:

- ~~Failures (your own fault)~~
- ~~Suffering (not your fault)~~
- ~~Self Awareness & Emotional Regulation~~
- ~~Self Care~~
- ~~Community~~
- Joy
- Purpose

*My joy is completely dependent on
my circumstances – my eternal
circumstances.*

STEVE BATEMAN

**There are some key
difference between
happiness and joy.**

DIFFERENCES BETWEEN HAPPINESS AND JOY

**Focus is the Creator
not creation.**

DIFFERENCES BETWEEN HAPPINESS AND JOY

Courage vs. camouflage

REIMAGINE RESILIENCE



Philippians 2:17-18 (ESV)

¹⁷ Even if I am to be **poured out as a drink offering** upon the sacrificial offering of your faith, I am **GLAD** and **REJOICE** with you all.

¹⁸ **LIKEWISE** you also should be **GLAD AND REJOICE** with me.

DIFFERENCES BETWEEN HAPPINESS AND JOY

Joy has a singular Source.

REIMAGINE RESILIENCE



Romans 15:13 (ESV)

¹³ May the **GOD OF HOPE** fill you with **ALL JOY AND PEACE** in believing, so that by the power of the Holy Spirit you may abound in **HOPE**.

Can you really choose joy?

Philippians 4:1-8 (ESV)

¹ Therefore, my brothers, **whom I love and long** for, my **JOY** and **CROWN**, stand firm thus in the Lord, my beloved. ² I entreat Euodia and I entreat Syntyche to **agree in the Lord**. ³ Yes, I ask you also, true companion, **help** these women, who have **labored** side by side with me **in the gospel** together with

Philippians 4:1-8 (ESV)

Clement and the rest of **my fellow workers**, whose names are in the book of life. **4 Rejoice** in the Lord always; **again I will say, rejoice.** ⁵ Let your **reasonableness** be known to **everyone**. The **Lord is at hand**; ⁶ **DO NOT BE ANXIOUS ABOUT ANYTHING**, but in everything by **prayer** and **supplication**

Philippians 4:1-8 (ESV)

with **thanksgiving** let your requests be made known to God. ⁷ And the **PEACE OF GOD**, which **SURPASSES ALL UNDERSTANDING**, will **GUARD YOUR HEARTS** and your **MINDS** in Christ Jesus. ⁸ Finally, brothers, whatever is **TRUE**, whatever is **HONORABLE**, whatever is **JUST**,

Philippians 4:1-8 (ESV)

whatever is **PURE**, whatever is **LOVELY**, whatever is **COMMENDABLE**, if there is any **EXCELLENCE**, if there is anything **WORTHY OF PRAISE**, think about these things.

**We choose joy through
pursuit, prayer, and praise.**

1

Pursue relational peace.

Romans 12:18 (ESV)

If possible, so far as it depends on you, live peaceably with all.

2

Prayer is an active
pursuit of joy.

Philippians 4:6-7 (ESV)

Be anxious **for nothing**, but in **everything** BY **PRAYER AND SUPPLICATION, WITH thanksgiving**, let your requests be made known to God; ⁷ and the **peace of God**, which surpasses all understanding, will **GUARD [GARRISON, DEFEND, PROTECT]** your **hearts** and **minds** through Christ Jesus.

3

Praise.

1 Thessalonians 5:16-18 (ESV)

¹⁶ Rejoice always. ¹⁷ Pray continually. ¹⁸ Give thanks in every situation because this is God's will for you in Christ Jesus.

*It is not joy that makes us grateful;
it is gratitude that makes us joyful.*

BROTHER DAVID STEINDL-RAST

Philippians 4:8-9 (ESV)

⁸ **Finally**, brethren, whatever things are **TRUE**, whatever things *are* **NOBLE**, whatever things *are* **JUST**, whatever things *are* **PURE**, whatever things *are* **LOVELY**, whatever things *are* of **GOOD REPORT**, if *there is* any **VIRTUE** and if *there is* anything **PRAISEWORTHY** — **MEDITATE** on these things. ⁹ The things which you **learned** and **received** and **heard** and **saw** in me, **THESE DO**, and the **God of peace** **will be with you.**

TRUE

No matter how alone, betrayed or abandoned I feel, Jesus promised never to leave or forsake me.

HONORABLE

He was treated dishonorably so that I would have the honor of being adopted into the family of God.

JUST

He endured injustice so that I would be pardoned of all my sin.

PURE

Jesus has clothed me in His pure robe of righteousness.

LOVELY

Behold what manner of love the Father has bestowed on us, that we should be called children of God!

COMMENDABLE

On that day, I will be commended by my King when I hear His voice say: "Well done good and faithful servant."

EXCELLENT

My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer. Jesus you are the most excellent of men and your lips have been anointed with grace, since God has blessed you forever.

WORTHY OF PRAISE

I will join the multitudes and declare “Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!” and every creature in heaven and on earth and under the earth and in the sea, and all that is in them, will say “To him who sits on the throne and to the Lamb be blessing and honor and glory and might forever and ever!”