**Philippians 1:19** **(The Living Bible)**

“I am going to keep on being glad, for I know that as you pray for me, and as the Holy Spirit helps me, this is all going to turn out for my good.”

* The Apostle Paul’s joy came from heaven

**1 Peter 1:8**

 “You love him even though you have never seen him; though not seeing him, you trust him; and even now you are happy with the inexpressible joy that comes from heaven itself”

**There are Joy-killers God wants us to overcome:**

1. **Unexpected Trouble—James 1:2-4 (NLT)**

 2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow.  4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing

* Stay Calm and investigate.
* Stay in control of yourself
* Giving thanks with unsettled emotions
1. **Fruitless Arguments—2 Timothy 2:23-24**

 “23 Again I say, don’t get involved in foolish, ignorant arguments that only start fights. 24 A servant of the Lord must not quarrel but must be kind to everyone...”

* Stop! Soften your tone

 **Proverbs 15:1-2**

 “A soft answer turns away wrath, But a harsh word stirs up anger. 2 The tongue of the wise uses knowledge rightly, But the mouth of fools pours forth foolishness.”

* Be quiet and listen

 **James 1:19**

 “So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath”

* Give up the need to win

 **Colossians 3:12**

 “Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering”

1. **Jealous Friends—James 3:16 (Good News Translation)**

 “Where there is jealousy and selfishness, there is also disorder and every kind of evil.”

* We can select our friends but our relatives
* Set boundaries.
* Stop defending God’s blessings
* Set a mental time limit
* Connect with the right people