

# **G.P.S. Grow. Pray. Study.**

Things I'd like to remember from this week's message:

**Get the weekly GPS** on your computer/phone/etc. by going to the site: [www.clcm-gps.com](http://www.clcm-gps.com). You can also get automatic notifications by sending a text to 81010 with the text @clcm-gps, or by subscribing through Feedly.com (or any other RSS reader).

**Day 1:** Read *Philippians 4:4*. "To rejoice" is to return to the source of your joy. What happens when Jesus isn't the source of your joy? How long does such joy last? What happens when Jesus is the source of your joy? Take time to flip worries into prayers that you take to Jesus.

**Day 2:** Read *Habakkuk 3:17-18*. Scientists call this reframing: when you cast negative events in a positive light, and see the silver lining, you can turn a bad situation into a joyful one. That's why I like the brief prayer by Leslie Weatherhead, "*O God, take all our sorrows and use them to show us the nature of Your joy.*" If you were to make a list like Habakkuk, what are some of life's challenges on your list that lead you to still praise God and find your Joy in Him? Take time to flip those worries and wounds into prayers that you take to Jesus.

**Day 3:** Read *Proverbs 11:25b*. When you're feeling down, the best way to feel up is to bring the joy. When you lift others up, you will find yourself lifted. How has someone lifted your spirits in the past day? Who might you lift today, to refresh their soul?

**Day 4:** Read *Philippians 2:1-2*. Instead of being a VDP, a Very Draining Person, Paul says be a VBP, a Very Being Person – who being like-minded, who being alive in the Spirit, brings, love, joy, peace, encouragement, and comfort. When do others drain you? When do they share the joy? When do you find yourself draining others? How have you discovered sharing the joy lifts you up when you feel down?

**Day 5:** Read *Psalms 16:8-9*. We are not just called to work for God, we are called to work with God. As you consider the past 24 hours, where have you seen God bringing you joy in living out your day? As you look at the day ahead, where do you need such joy to be present?

**Day 6:** Read *Luke 15:10*. When you come to faith in Jesus, when He is real in your life, Jesus rejoices and all of heaven rejoices. They hear God rejoice and the angels join the divine voice in singing. Such joy is not just when you come to faith, but each day as you live out your faith in Jesus. Each day as you find God's voice in your life - belt it out. What brings joy to the life you live? Where are you rejoicing with heaven in someone coming to know Jesus? Whom will you pray for today that heaven will rejoice for tomorrow?

### **Going Deeper:**

**Book:** *Fight Back With Joy: Celebrate More. Regret Less. Stare Down Your Greatest Fears.* by Margaret Feinberg

**Next Week:** James 5:7 – **Cultivate Patience in a Culture of Anger**