**Title: “Making the Choice to Rejoice”**

Things that steal our joy:

1. **Unrealistic Expectations**

Philippians 4:12 - I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

2. **Unresolved Conflict**

3. **Unconfessed Sin**

Psalm 32:1-5

Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord.” And you forgave the guilt of my sin.

Things that build our joy:

1. **Find Your Joy in the Person of God**

Zephaniah 3:17 – The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”

Psalm 104:31 – May the glory of the Lord endure forever; may the Lord rejoice in his works

 Isaiah 65:18-19 - But be glad and rejoice forever in what I will create, for I will create Jerusalem to be a delight and its people a joy. I will rejoice over Jerusalem and take delight in my people; the sound of weeping and of crying will be heard in it no more

2. **Express Your Joy in Worship**

Psalm 66:1-4

Shout for joy to God, all the earth! Sing the glory of his name; make his praise glorious. Say to God, “How awesome are your deeds! So great is your power that your enemies cringe before you. All the earth bows down to you; they sing praise to you, they sing the praises of your name.

3. **Release Your Problems to the Lord**