

# Breaking Through to Joy

Dr. James Rennie

Weeping may remain for a night but rejoicing comes in the morning.

Psalm 30: 5b

## 1. The Lord Jesus was the most joyful man on the earth.

*“He was anointed with the oil of joy above his fellows”*

Psalm 45:7

He was also “a man of sorrows” and familiar with suffering.

1. Some of us have more sorrow than others.
2. Some of us feel more sorrow than others.
3. All of us need to learn to manage our sorrows.

Sorrow



Loneliness

## 2. Loneliness: the soul pain of being disconnected.

Psalm 102:7

1. Homesickness
2. Longing for others
3. Forgetting the connection
4. Accept alternative comforts

Sorrow



Loneliness

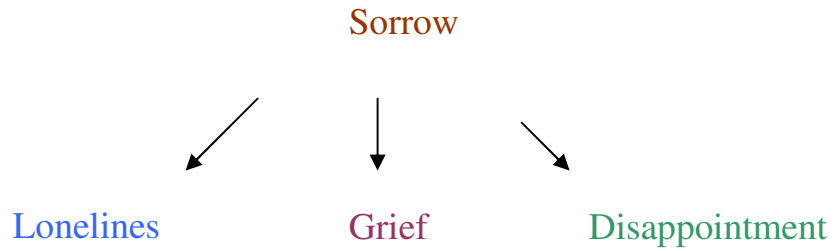


Disappointment

## 3. Disappointment: the soul pain of unfilled hope.

Proverbs 13:12

1. Disappointment is more intense in those who have strong hope and high expectation.
2. Disappointment is a signal to review our expectations.
3. We need wisdom to quit or persevere.



**4. Grief: the soul pain of recovering from a loss**

Jeremiah 10:19

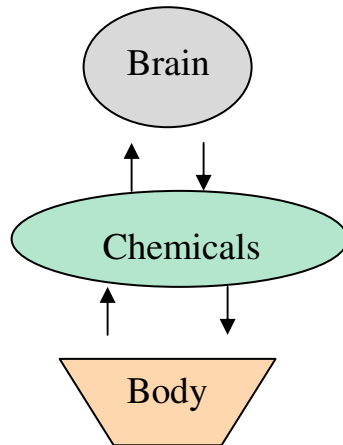
1. Grief is self pity.
2. Grief must be observed, not denied.
3. Grief is like fording a river.
4. Never grieve alone.

**5. The spiritual benefits of sorrow**

1. Grief opens me up to sympathy with God and others.
2. Disappointment points me to heavenly hope.
3. Loneliness allows me to experience the presence of Christ without distraction.

**6. Depression**

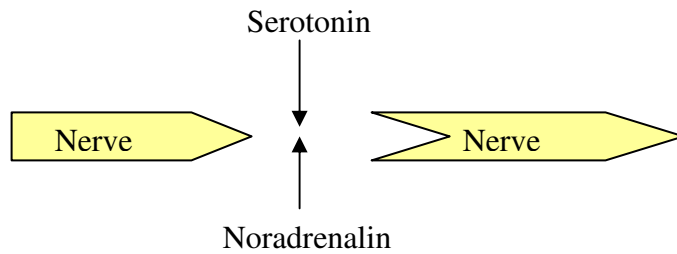
**A. Materialist View**



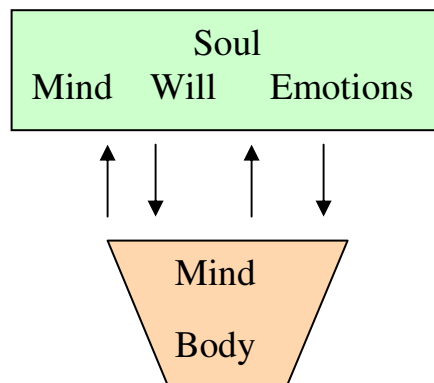
- 1 Depression is a disease caused by a depletion of certain brain chemicals called neurotransmitters.
- 2 The cause of this depletion is uncertain.
- 3 Depression is a disease like any other.

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### Neurotransmitters at the Nerve endings in the brain

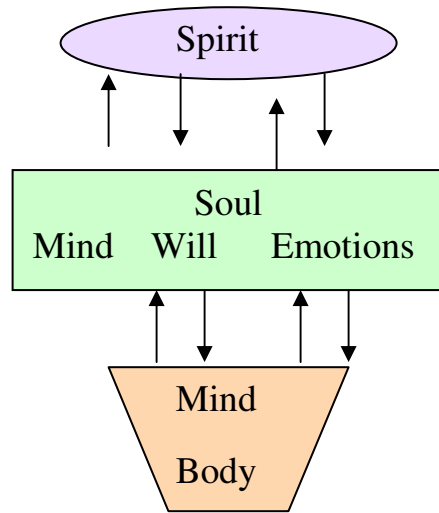


### B. Spiritual View



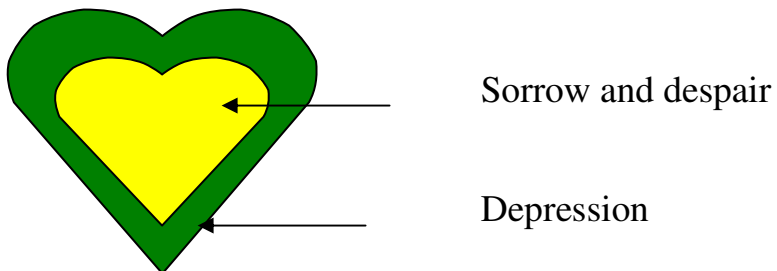
- 1 Man has a non-material soul which is composed of mind, will, and emotions.
- 2 A negative mindset depletes brain chemicals.
- 3 A positive mindset restores disordered brain chemistry.

### C. Christian View

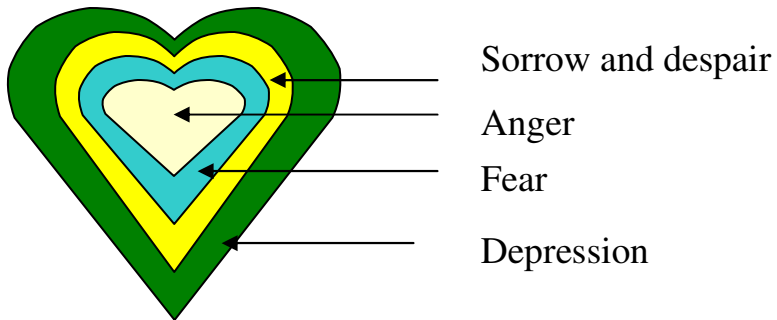


- 1 Man has a spirit which God intended to be his inner control centre.
- 2 By faith in Christ the Holy Spirit resides in the human spirit.
- 3 The key to emotional health is to focus on the Spirit first. Romans 8:6

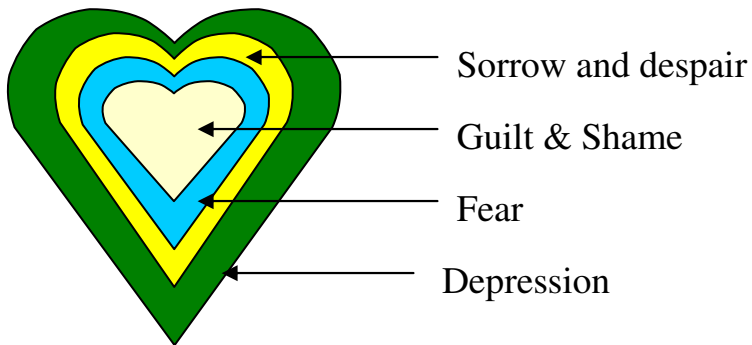
### The Grief-stricken Depressive



## The Agitated Depressive



## The Guilt-ridden depressive



## 7. Breaking out of Depression

### A. The role of medication

Natural moods are lost.

May be a temptation to ignore the need for change.

May be a temptation to rely on medication for peace, and not on God.

There are some serious side effects, i.e. suicidality, especially in the young.

### B. The Role of Counselling

A good history of the depression is important.

Re-evaluation of the issues from God's point of view.

### C. Definition of Natural Joy

Joy is gladness of heart based on an ability and a willingness to see and appreciate something.

Joy often requires an ability to appreciate.

### D. Definition of spiritual joy

It is gladness of heart based upon a God- given ability and a willingness to see and appreciate God and His goodness.

Spiritual joy requires a willingness

*“They did not acknowledge Him or give thanks.”*

Romans 1:21

Spiritual joy requires a God-given ability

*The fruit of the Holy Spirit is ....joy.* Galatians .5:22

### E. Disciplines of Spiritual Joy

1. The principle of asking. Joy is a gift that comes by faith.

Luke 11:13

2. The principle of seeking

Seek to be near the Lord.

Psalm 16:11

Seek to be holy.

Psalm 32:1

Seek to worship.

Habakkuk 3: 17-18

Seek fellowship with others.

Hebrews 10:25

Seek to serve the Lord.

Philippians 1:4-5

3. The principle of knocking.

Sometimes God makes us wait for joy.

Sorrow may endure for a night, but joy comes in the morning.

Psalm 126:5

### F. The Benefits of Spiritual Joy

1. Strength...enables one to endure sorrows. Nehemiah 8:10

2. Security...spiritual joy cannot be taken away. John. 16:22

3. Contentment...spiritual joy fills my heart. John.16:24

4. Health...a cheerful heart is medicine to the soul.

Proverbs 17:22