



# I. THE SOURCE OF PROBLEMS.

## 4 PROBLEM SOURCES...

- PHYSICAL FACTORS - "...this body of ours had no rest"
- PERSONAL ANXIETY - "...harassed at every turn"
- OUTWARD CONFLICTS - "...conflicts on the outside"
- INWARD FEARS - "...fears within"

# II. THE SOURCE OF JOY.

"...in all our troubles my joy knows no bounds...but God who comforts the downcast..." 2 Corinthians 7:4,6

# FOUR SECRETS TO JOY...

- Turn to God F\_\_\_\_\_ when you're in trouble

'God is our refuge and strength, an ever-present help in trouble.' Psalm 46:1

- Look for joy I\_\_\_\_\_ the midst of trouble

'When I said, 'My foot is slipping,' your love, O Lord, supported me. When anxiety was great within me, your consolation brought JOY to my soul.' Psalm 94:18,19

- Rely on God F\_\_\_\_\_ to strengthen you

'But God, who comforts the downcast comforted us by the coming of Titus.' 2 Corinthians 7:6

- Stay connected to your C\_\_\_\_\_ family

'I have great confidence in you; I take pride in you. I am greatly encouraged.' 2 Corinthians 7:4

# THE ENCOURAGEMENT FACTOR

FACT: Encouragement is like a b\_\_\_\_\_ (It always comes back to you)

# LIVE THE SPIRITUAL GLAD GAME

I'm glad, I'm glad because...

'In this world, you will have trouble. But take heart! I have overcome the world.' John 16:33

