

Christmas Emotions That Heal Wrong Emotions
Part 4: Joy

Number one is **hope** that heals **despair**.

Number two is **love** that heals **hate**.

Number three is **peace** that heals **conflict**.

Number four is joy that heals gloom.

(Luke 2:1-20)

1. How much joy do you have this Christmas/Advent season?
2. How much joy could you have?

The 7 Superlatives of Joy

Joy (Matthew 25:21)

Great joy (Luke 2:10)

Exceeding joy (1 Peter 4:12-13)

Exceedingly great joy (Matthew 2:10)

Unspeakable -- inexpressible joy (1 Peter 1:6-9)

Fullness of joy (Psalm 16:11)

Joy that heals your gloom and gives you God's strength
(Nehemiah 8:9-12)

3. Where do you get all this joy?
(John 15:11)