

Being Empowered to Excel 2

Being Empowered with Joy

How to be empowered by joy and be happy in whatever circumstances, not feeding our frustrations but be filled with praise and see great increases

Prov 22:29

29 Do you see a man who excels in his work? He will stand before kings; He will not stand before unknown men. NKJV

Daniel 5:12 Excellent spirit

... excellent spirit, knowledge, understanding, interpreting dreams, solving riddles, and explaining enigmas were found in this Daniel, whom the king named Belteshazzar, now let Daniel be called, and he will give the interpretation." NKJV

Best prin or law – but feel

depressed – cant fulfil – even the best of BMW – useless – unless there is petrol

Dan 11:31-33

... but the people who **KNOW** their God shall be strong, and do **GREAT EXPLOITS**.

Being **empowered** to excel – not this prin or law

The prin or laws may be very good, often, we don't have the ability to do or fulfil it.

Seeing yourself way God sees –

acceptable – do more; **precious** – wont give in – **loved** – wont doubt God's goodness – do what he says

If there is one thing we need more

– **joy** – too many go around **negative** and **gloomy**

– allow – prob – circum – peo - wt them down

cant enjoy life and work – lost excitement and fire

Things may not be going our way – even days of evil – still can have joy

Ephesians 5:15-18

15 Be very careful, then, how you live-not as unwise but as wise, 16

making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is. 18 Do not get drunk on wine, which leads to debauchery. Instead, **BE FILLED WITH THE SPIRIT**.

Why – peo want – get **drunk** – want **joy**

How joy – without getting drunk

Be filled – command – choice make – right **att** – **empowered** by the Holy Spirit

I. **Choose to be happy in whatever situation**

Life filled w things – steal joy

Traffic – peo - plan

life is full of things that can steal joy – traffic peo: peo don't always do what they should – plan don't always work out

If have **VICT** – have to have right att – **choose** filled w **joy** - **adv**

Decision – no matter what comes against us – **DECIDE IN ADV** - not going to get upset

You **know** – **Palm** of his hand – control – turn – stay in peace

If you decide in adv to stay in peace – when things go against you – already made mind – nothing steal joy

If you must have something to be happy, what would happen? How to overcome that?

If you **must** have something to be happy, you will **always** be frustrated

If had to get **ma** – boss change

If had to get **ma** – big prob - enemy can use that against you –

If you think – boss have to change bef happy bef enjoy you work – go year after year – stressed

If – must - only going to **delay** what God wants do – seldom see God blessing frustrated peo

Don't let people or circumstance to steal your joy and peace
John 16:33

33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 14:27

27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Oh – lots of things **against** me – spouse, boss, traffic – how **happy?**

Spouse on nerve, boss cold storage – stuck in traffic

Back of mind:

Happy if – spouse – colleagues – plan - planet

Happy if spouse would treat me better

Happy if colleagues not so negative

Happy if plan – work way I wanted

What is the root problem when we are frustrated with people or circumstances?

Frustr – think it is the peo or circum

Truth: Circum is not your **prob** – your **rxn**

– can put **someone else**

Can put someone else in the situation – wont be stressed

You **can't control** - ... - control your **reaction**

– Paul seldom pray

Paul seldom pray – peo be deli from prob – prayed – God would give them strength to go thru them

Truth – peo may change – may not – you can change you

Truth – those peo may not change – even if they don't – you change – don't have to upset you any more

Man struggle in ma for years

– wont come to church – made him down – suddenly – happy – got better? – just the same – she hasn't change but I have change

Be happy wherever you may be

Phil 4:11-13

11 Not that I was ever in need, for I have learned how to get along happily whether I have much or little. 12 I know

how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want. TLB

How to be happy wherever we may be?

Good to have hopes and dreams – **don't wait** for those things

Peo to change, plan to work way I plan **Decide in adv: I am going to be**

happy – whatever happens
God – I **really desire** - **ma - spouse – boss – happy now**

God – I really love to have this – married – see spouse changed – boss changed - promotion

Not waiting on that to be happy – happy right now

Happy – even if boss not change – happy – my supplier God

One powerful way - learn to **smile** more

Job 9:27

27 I will forget my complaint, I will change my expression, and smile.

Prob: **ingrown** – me and my prob

Empty vessel – **Doddy Osteen** – **Fred** – in pain – continue to minister - healed

1 Samuel 2:1

"My heart rejoices in the LORD; My horn is exalted in the LORD. I smile at my enemies, Because I rejoice in Your salvation. NKJV

Some - **solemn** serious – allow burden to **weigh** you down

Enduring life – not enjoying

Don't **feel** – smile anyway– **fake** it until you can make it – **hypo**

smile by faith – faith pleases – attract attn – response

Proud of him – Mic – what are you waiting for – go – bring blessings

If **waiting** all prob go away bef happy – wait lifetime

All have diff **personality** – some nat smile more,– if don't – learn – amazing **benefits**

Studies - Smile send **signal** to body – everything **OK** – **chemical** – **breaks** - **million**
Chemical release thru your system – feel good

Studies – show – that peo that **smile** and **friendly** – **pleasant** face – get more good **breaks** than peo that are solemn - **Holiday Inn**

– 500 new – interview – auto disqualify any candidate that – smile less than 4 times in the interview

Your smile – **million** dollar asset – not using it – **wasting** a million dollar

Testimony – always – sour face – sad – grumbling – say: come to ch – joy -no thanks – don't want go funeral ser - **man of sorrow?**

That we may have joy – 39 lashes - healing

Choose to walk **tall**

Psalms 24:7

7 Lift up your heads, O you gates; be lifted up, you ancient doors, that the King of glory may come in.

Luke 21:28

28 When these things begin to take place, stand up and lift up your heads, because your redemption is drawing near."

Learn to put on a **posture** – stand up tall – head up high – don't go around **slopping** – **hunching** your back - thinking **unattractive** – **humble** – **ambassador** –repres God

Choose to – **happy** – **smile** – **walk tall**

2. Don't **feed** your frustration and give away your joy

Ps 23:5-6

5 You prepare a banquet for me, where all my enemies can see me; you welcome me as an honored guest and fill my cup to the brim. TEV

Why must we not feed our frustrations? How not to feed our frustrations?

Many things **can** irritate – frustrate you – **if let** - **allow**

If someone – **rude** – rude back – only make **day** sour – **YOU** suffer
Can't find car **key** – lost **sermon** notes - **traffic** – work **late** – heard somebody **talking**

Upset for 2 hrs, 2 day, 20 yrs, talk phone, grumbling 3 hrs

Let him **control** – **empower** him

When you feed your frustrations, you are giving away your joy!

How many been thru this exp -

round and round –just when get into **car park** – someone just cut in – how you react

If – **upset?** giving away your joy

Wise –I rather give him parking lot, than giving away my joy

May not have the **spot** I want – get the spot where God wanted

Somebody does you wrong – ask: nothing is **worth** giving you joy

Nehemiah 8:10

10 Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the LORD is your strength."

Prov 14:30

30 A relaxed attitude lengthens a man's life; jealousy rots it away. TLB

Read – more **heart** attacks on

Monday morn than any other days

Why – frust - stress – dread – already planning on having a lousy day

Even when things dont get **your way** – **laugh** it off – don't **let** – **2 weeks** **2 months** – **20 yrs**

Don't let every **setback** – upset for **2 weeks**

Cause us go round self pity – **month**
Young couples face this often –

Bef ma: everything - sweet

After ma: things → irritating – little things turn to big things

Bef leave – **nag** – why so late

Change my approach – quite nagging – let her be way she is made – stressed me –don't bother – read my Bible with handphone

Learn to smile more – many **ma** can be **restored**

3. Be filled with **praise**

Ephesians 5:19-20

19 **Speak** to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Filled w **songs of praise**

Not loud singing – under breath – humming – thanking God for his goodness

Lot's things – **steal joy** - **praise**

– stuck in traffic, didn't get contract, home – kids sick - frust

Why must we praise at all times?

Psalms 34:1

I will extol the LORD at all times; his praise will always be on my lips.

Lot's of things – can make us frust – loose joy

Helium balloon - **leak**

Careful what **feed** on – radio – You no good ... baby you no good

– **wonder** – why don't have energy – **enjoy** raising kids – **dread** going to work

Fill your life w praise

Beautiful thing

– any **where** - shower

- all the **time** – here is where we **miss**

– praise - ch on Sunday – bef work

I **can't** sing very **well** – neither do I

More imp't Att – Thankful

This is – day – made - appre every **moment** – **gift** from God

Don't **waste** any min

– **dwelling** what d doing - letting anyone

steal joy – lost strength

- **dwelling** on what's wrong – focus – what is right - **cleaning**

Cleaning house, vacuuming room, cleaning care – instead of grumbling

– no one helping - praise

All thru day – thank God for his goodness

See things change in your favor

Ps 67:5-6

5 Let the peoples praise You, O God; Let all the peoples praise You. 6 Then the earth shall yield her increase; God, our own God, shall bless us. NKJV

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