

09-27-2026

Joy: Accessing the Joy Within
Jon Rychener

How do we find our way back to joy when life isn't joyful?

Four Joy Access Points

Philippians 1:12 (NIV): Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel.

Philippians 1:13 (NIV): As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.

Philippians 1:14 (NIV): And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

Access Point #1: See Your Problems from God's Perspective

- Picture a problem you're facing.
- Pray: "Lord, help me to see this problem from your perspective. Give me eyes to see what you are doing in the midst of it."
- Write out any insights you receive.

Access Point #2: Choose to Appreciate What's Good

Philippians 1:15 (NIV): It is true that some preach Christ out of envy and rivalry, but others out of goodwill.

Philippians 1:16-17 (NIV): The latter do so out of love, knowing that I am put here for the defense of the gospel. The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains.

Philippians 1:18 (NIV): But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. ...

Access Point #3: Anchor Your Hope in Christ

Philippians 1:18-19 (NIV): ... Yes, and I will continue to rejoice, for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance.

Philippians 1:20 (NIV): I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death.

Philippians 1:21 (NIV): For to me, to live is Christ and to die is gain.

See Your Problems from God's Perspective
Choose to Appreciate What's Good
Anchor Your Hope in Christ

Access Point #4: Focus on Serving Others

Philippians 1:22-26 (NIV): If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! I am torn between the two: I desire to depart and be with Christ, which is better by far; but it is more necessary for you that I remain in the body. Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, so that through my being with you again your boasting in Christ Jesus will abound on account of me.

Mark 10:45 (NIV): "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."