



# *Mothers of Teens*

December 8, 2019 | Lesson 15

## *My Joy - Where has it Gone?*

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### Memory Verses:

*These things I have spoken to you so that My joy may be in you and that your joy may be made full.*

~John 15:11

### I. Definitions:

A. Happiness – enjoying pleasure or satisfaction; characterized by good fortune

~ “Here today and gone tomorrow” mentality



## B. Thankfulness

- ~ for our husbands as we fill our roles as wives
- ~ for our children as we fill our roles as mothers
- ~ for our homes where we should be setting the example
- ~ in the face of tragedy: Psalm 46, 73

## C. Joy – gladness and contentedness of soul

1. Sometimes alongside  
of tears

*Happiness depends on  
right happenings, but  
even when things go  
wrong, you can have joy.  
~Warren W. Wiersbe*

2. Secret=our  
relationship with God;  
moving from self-pity  
to genuine joy is  
thinking of and  
fellowshipping with Christ

3. True joy is embedded in our hearts; it comes from a  
relationship with Jesus Christ

~ Joy is a choice  
~ John 16:24 *Until now you  
have asked for nothing in My  
name; ask and you will  
receive, so that your joy may  
be made full.*

*Even in the  
worst storm, the  
Son still shines.  
~Sign outside an  
auto shop*

~ We can have everything taken from us (dignity,  
food, clothing, our home, belongings, health,  
freedom...) If this were to be our experience, could  
we still retain a sense of confident joy in our hearts?

## II. Examples:

### A. Old Testament:

1. **Habakkuk** (3:17-19) rejoiced in the midst of war and destruction. Habakkuk prayed and told us of God's majesty and power. 3:18 says, "...I will rejoice in the Lord, I will joy in the God of my salvation."

*God always helps us overcome the battles He gives us to fight.  
~Davey*

2. **Nehemiah**

- ~ People of Israel fought an invisible battle
- ~ Citizens lived 100 years with rubble all about them
- ~ He fasted and prayed for 4 months
- ~ He went by night to inspect the gates and walls
- ~ No one knew he planned to rebuild the walls (2:13)
- ~ Nehemiah had plans, financing, and permission from the king
- ~ He was honest, humble, and honorable
- ~ Motivation: it was right to honor God

### B. New Testament:

1. **Paul** rejoiced in prison

*Opposition indicates there is opportunity close at hand. ~Davey*

- ~ He had plenty of occasions to worry
- ~ Political prisoner
- ~ He had no mission board to support him
- ~ Paul was facing execution
- ~ He was in stocks

~ He was lying on a cold, filthy floor with open wounds  
~ BUT HE WAS SINGING!

2. Psalm 57:7, *My heart is steadfast, O God, my heart is steadfast: I will sing, yes, I will sing praises!*
3. We could also speak of **Stephen's** example

### C. Consider Women

1. Ruth? Abigail? Rahab? Hannah? Anna?  
Mary/ Martha?

*Faith is the root of everything that makes these women extraordinary.*  
~John MacArthur

### 2. Esther

- ~ Between 20 and 23 years old
- ~ Stood on her own character
- ~ Possessed grace-like charm and elegance
- ~ Had unusual strength and control
- ~ Had a continual teachable spirit (vs. 10, 20)
- ~ Willing to listen and learn (vs. 15, 17)
- ~ Had kind winsomeness regardless of surroundings
- ~ Was authentic and modest
- ~ Requested nothing before being presented to the king except for what Hegai requested

3. “God doesn’t have one pattern for everyone.”

E.M. Bounds

~ He deals differently with each person.

~ As a mother you shape character because a mother’s priority is her family.

III. Philippians, which is a thank you letter from a missionary who is sharing his **secret of Christian joy**.

A. Thieves that rob us of our joy

1. Circumstances (chapter 1)

~ Few things are under our control (weather, traffic, prices, health, etc.)

~ We should not live to enjoy circumstances

2. People—2:3, *...with humility of mind, regard one another as more important than yourselves.*

3. Things (chapter 3)

~ Can rob us of the only kind of joy that really lasts!

~ Luke 12:15, *Be on your guard against every form of greed; for not even when one has an abundance does his life consist of his possessions.*

4. Worry = worst of all (chapter 4)

~ Sin; Matt 4 tells us that “cares choke.”

~ Inside job that robs us of “rest”

- ~ Anxiety keeps us from joy; referred to 5 times in Matt. 10
- ~ Do you live in the “What if”?
- ~ Victory over worry consists of right praying, thinking, living (4:6-9)

## B. Attitudes That Help Retain Our Joy

### 1. Single mind

- ~ James 1:8, *...being a double-minded man (woman), unstable in all his ways.*
- ~ Phil. 1:21, *For to me to live is Christ...*

### 2. Submissive mind

- ~ As we think, so we are. (Prov. 23:7)
- ~ People generally aggravate us because we don't get our own way.
- ~ Luke 14:11, *...he who humbles himself will be exalted.*

*Philippians, based solidly on Bible doctrine, tells “the mind the believer must have if he is going to experience Christian joy in a world filled with trouble.”*  
Warren Wiersbe

### 3. Spiritual mind

~ Lost people pay most attention to earthly things  
(Phil. 3:19)

~ Things can rob us of joy

### 4. Secure mind

~ Describes the spiritual resources we have in  
Christ:

- God's peace (4:1-9)
- God's power (4:10-13)
- God's provision (4:14-23)

~ 4:7, *And the peace of God, which surpasses all  
comprehension, will guard your hearts and your  
minds in Christ Jesus.*

*Be still my soul: The Lord is on thy side;  
Bear patiently the cross of grief or pain;  
Leave to thy God to order and provide;  
In every change He faithful will remain.  
Be still my soul: thy best, thy heavenly Friend,  
Through thorny ways leads to a joyful end.*

*Be still my soul: thy God doth undertake  
To guide the future as He has the past.  
Thy hope, thy confidence let nothing shake;  
All now mysterious shall be bright at last.  
Be still my soul: the waves and winds still know  
His voice who ruled them while He dwelt below.*

*Be still my soul: the hour is hastening on  
When we shall be forever with the Lord  
When disappointment, grief, and fear are gone,  
Sorrow forgot; love's purest joys restored.  
Be still my soul: when change and tears are past,  
All safe and blessed we shall meet at last.  
~Katharina Von Schlegel*

#### IV. Building a Strong, Joyful Family to the Glory of God: Psalm 145 & Deuteronomy 6

##### A. Instructions to Parents

- ~ Demonstrate conviction
- ~ Deut. 4:9 "keep thy soul diligently"
- ~ Correct things in your own life



- ~ Live a life pleasing to God
- ~ Deut. 6:3 "...well with you" (v.6) "...shall be on your heart" (v.7) "...teach them diligently"
- ~ V. 20, Teens will ask "What do the testimonies, statutes, judgments mean?"
- ~ V. 21-23, Show your teens that God is still at work in their lives.

## B. Additional Thoughts

- ~ What does a person look like who is truly full of joy? (A believer who is thankful to be a friend of the Lord Jesus Christ.)
- ~ Patterns are set in teenage years. (Remember - Good, Better, Best.)
- ~ Be the example to your young people in spite of circumstances, the people surrounding you, unfulfilled desires, and worries.
- ~ Daily walk with Christ.
- ~ Set aside every weight like you would in running a race.
- ~ Pray for your teens; their culture will try to mold them.
- ~ Choose Joy—no one can choose it for you.
- ~ In all we do and in all our efforts, our goal is not attaining happiness; it is to glorify God!

## C. Morale Boosters as you are around your teens:

- ~ Don't complain; Positivity is contagious
- ~ Go out of your way to "praise"

- ~ Show appreciation
- ~ Cut back on timewasters if you work outside the home
  - Cell phone and texting
  - Extra breaks on work time
  - Noisy co-workers
- ~ Offer suggestions
- ~ Point out special talents of others
- ~ Smile!

#### D. Poem

Give a Smile  
*Walking to church one dreary day,  
Trudging through snow along the way,  
I see a poor soul, who's down and out.  
What have I that he'd care about?  
I'm old and weary; I have no kin.  
Whatever help could I be to him?  
His eyes are teary as he fights the cold.  
His hands are chapped; his clothes are old.  
My heart cries loudly, "Just give what you can."  
I give a SMILE and a wave of my hand.  
With a prayer in my heart and a smiling face,  
I call, "Chin up; soon we'll go to a better place."*  
~Louise Christmas  
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Sources consulted:

- *Be Joyful: It Beats Being Happy*, Warren W. Wiersbe
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- *Is Your Fruit Sweet or Sour?* Karen Finn (Bible study for teen girls)
- *No Greater Joy*, Terry and Nancy Hamilton
- Radio Broadcasts, Dr. Stephen Davey
- “Sermon Series on Philippians,” John Detwiler, Sr.
- *Twelve Extraordinary Women*, John MacArthur

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