**The DNA of Joy**

Nehemiah 8:10 (NLT):

“Happiness is what happens to you. Joy is produced in you.”

1. **Joy starts with Jesus**

* Joy is produced in your heart when you are saved.
* ‭‭Philippians‬ ‭1:11‬ ‭NLT‬
* Joy is a fruit of the Holy Spirit.
* ‭‭Galatians‬ ‭5:22-23‬ ‭NLT‬‬
* You can't produce Joy.

1. **Overcomers keep their Joy**

* Sin will rob your joy.
* ‭‭Psalms‬ ‭51:12‬ ‭NLT
* Overcome sadness with Joy.
* Beware of the joy suckers of life.

1. **Your choice is the key to Joy**

* Stop chasing happiness and live in joy (in Christ).
* ‭‭Philippians‬ ‭4:4‬ ‭NLT‬‬ “Always be full of joy in the Lord.
* Learn to live in the Spirit (in Christ).
* ‭‭Philippians‬ ‭4:6-8 ‭NLT
* ‭‭Philippians‬ ‭4:11-13‬ ‭NLT
* Choose to stop being controlled by the emotions of happiness and start living in Christ.