



Title: Linkup 3 – Join the party!
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Romans 14:17 (ESV) ¹⁷ *For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.*

- Joy is about having a party in your heart. **Joy = to experience great pleasure or delight.** Irrespective of your circumstances.

The party is in full swing

Proverbs 15:15 (NLT) ¹⁵ *For the despondent, every day brings trouble; for the happy heart, life is a continual feast.*

Malachi 4:2 (NLT) ² *“But for you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves let out to pasture.*

God is good. All the time. Nothing can separate us from His love.

Laughter – You can’t have a party without laughter

See article in Joy magazine – “Take your medicine” June 2011

“There are lots of sickness because we don’t have the joy that we should. When we live on edge, it causes headaches, digestive problems, lack of energy and insomnia. Much of this would go away if we would learn how to deal with stress properly.”

“One of the greatest stress relievers God has given us is laughter; it not only makes you feel better, it actually releases healing throughout your system (endorphins and serotonin). When we laugh it restores and rejuvenates what the pressures of life have taken out.”

Proverbs 17:22 (AMP) ²² *A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.*

“It boosts people’s immune system when they laugh. Laughter reduces blood pressure and people who laugh regularly are 40% less likely to have a heart attack than people that don’t.”

*“Laughter triggers the right side of the brain, which helps release creativity and helps us to make better decisions. Laughter activates the body’s natural tranquilisers that not only help us to calm down, **but also to sleep better.**”*

How can we laugh about the challenges of life?

Romans 8:28 (NKJV) ²⁸ *And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*

***Your prescription:** every day, at least three times a day, find something funny that makes you laugh out loud.

The ultimate party is coming (Eternity) – this is just the warmup

Revelation 21:3–4 (NLT) ³ *I heard a loud shout from the throne, saying, “Look, God’s home is now among his people! He will live with them, and they will be his people. God himself will be with them. ⁴ He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.”*

Revelation 21:22–23 (NLT) ²² *I saw no temple in the city, for the Lord God Almighty and the Lamb are its temple.* ²³ *And the city has no need of sun or moon, for the glory of God illuminates the city, and the Lamb is its light.*

1 John 2:8 (ESV) *...the darkness is passing away and the true light is already shining.*

Put on your party clothes – *you can't come to the party if you don't have a garment of praise on*

Luke 24:52–53 (NKJV) ⁵² *And they worshiped Him, and returned to Jerusalem with great joy,* ⁵³ *and were continually in the temple praising and blessing God. Amen.*

- Praise leads to great joy.

Isaiah 61:3 (NKJV) ³ *...the garment of praise for the spirit of heaviness; ...*

Songs in the dark:

Acts 16:23–26 (AMP) ²³ *And when they had struck them with many blows, they threw them into prison, charging the jailer to keep them safely.* ²⁴ *He, having received [so strict a] charge, put them into the inner prison (the dungeon) and fastened their feet in the stocks.* ²⁵ *But about midnight, as Paul and Silas were praying and singing hymns of praise to God, and the [other] prisoners were listening to them,* ²⁶ *Suddenly there was a great earthquake, so that the very foundations of the prison were shaken; and at once all the doors were opened and everyone's shackles were unfastened.*

- Clouds of darkness shall come. But will we be moved by the darkness or be inspired by the light? Will we be anchored to the greatness and goodness of our God?
- Put on the garment of praise, instead of the spirit of heaviness.

Get joy!

Malachi 4:2 (NLT) ² *“But for you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves let out to pasture.*