



STAYING POSITIVE IN THE MIDST OF WEARINESS

December 6 & 7, 2025

Luke 2:10-11 (NIV)

But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord."

"_____ " is the Greek word *chara* = Positively cheerful, joyful, happy, celebratory

Can I really find joy when it seems that everything is going _____ me?

HOW TO STAY POSITIVE WHEN I'M WEARY:

1 _____ that Jesus came to Earth for me.

"I can choose joy even when I don't feel it, because Jesus came to Earth for me, _____."

Luke 2:13-14 (NIV)

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."

Psalms 16:11 (NIV)

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

John 15:11 (NIV)

I have told you this so that my joy may be in you and that your joy may be complete.

Matthew 1:22-23 (NIV)

All this took place to fulfill what the Lord had said through the prophet: "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us").

REFLECTION QUESTIONS:

- Where have you let _____ and fatigue steal your joy this season?
- How can you _____ yourself that Jesus “has come to Earth for you”?

2

_____ praise to God even when nothing seems to work out.

Luke 1:46-49 (NIV)

And Mary said: “My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me—holy is his name.”

Habakkuk 3:17-18 (NIV)

Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.

Positivity and praise travel together. When we worship, our focus shifts from “_____?” to “_____?”

Philippians 4:4 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice!

**“God, even if nothing changes today,
I’m still going to rejoice in You.”**

3

_____ my joy in my Savior, not in my situation.

Luke 2:8-12 (NIV)

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, “Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger.”

Nehemiah 8:10c (NIV)

Do not grieve, for the joy of the Lord is your strength.

Joy isn’t a mood – it’s a _____.

BUILDING THE “JOY MUSCLE”

ORDER OF TRUE JOY:

J _____ gratitude

_____esus

O _____ and service

_____thers

Y _____ only to positive thoughts

_____ourself

Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- **True** – God’s Word over the current news.
- **Honorable** – Charity over greed.
- **Just** – Doing what’s right according to God’s Word, not what culture says.
- **Pure** – Serving others rather than selfish pleasures.
- **Lovely** – Helping in ministry rather than participating in selfish desires.
- **Commendable** – Doing something that inspires and brings the praise of other believers.
- **Excellent** – Giving your time and talent, and especially your treasure, to the work of God.
- **Praiseworthy** – Actions that reflect God’s attributes and inspire worship.

Colossians 3:1-3 (NIV)

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.



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"Joy" is the Greek word *chara* = Positively cheerful, joyful, happy, celebratory

Can I really find joy when it seems that everything is going against me?

HOW TO STAY POSITIVE WHEN I'M WEARY:

1 **Remember that Jesus came to Earth for me.**

"I can choose joy even when I don't feel it, because Jesus came to Earth for me, _____."

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Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."

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All this took place to fulfill what the Lord had said through the prophet: "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us").

REFLECTION QUESTIONS:

- Where have you let fear and fatigue steal your joy this season?
- How can you remind yourself that Jesus “has come to Earth for you”?

2

Reflect praise to God even when nothing seems to work out.

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And Mary said: “My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me—holy is his name.”

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Positivity and praise travel together. When we worship, our focus shifts from “What’s wrong?” to “Who’s right?”

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I’m still going to rejoice in You.”**

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Reinforce my joy in my Savior, not in my situation.

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Joy isn’t a mood – it’s a muscle.

BUILDING THE “JOY MUSCLE”

Journal gratitude

Outreach and service

Yield only to positive thoughts

ORDER OF TRUE JOY:

Jesus

Others

Yourself

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