

Through it All . . .

### #3 Living a Joy Filled Abundant Life!

It speaks volumes that “joy” is the fruit of the Spirit that is found between “love” and “peace.”

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

The Bible is a roadmap for living a joy filled life.

1 John 1:4 And these things we write to you that your joy may be full.

We must not allow trials & tribulation to rob us of joy.

James 1:2 My brethren, count it all joy when you fall into various trials,

Joy comes in knowing that God is our defender and His shield of protection surrounds us.

Psalm 5:11 But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful in You.

12 For You, O LORD, will bless the righteous; With favor You will surround him as *with* a shield. (Remember **Romans 8:28**)

Are you living a joy filled abundant life?

First Baptist Church of Malabar

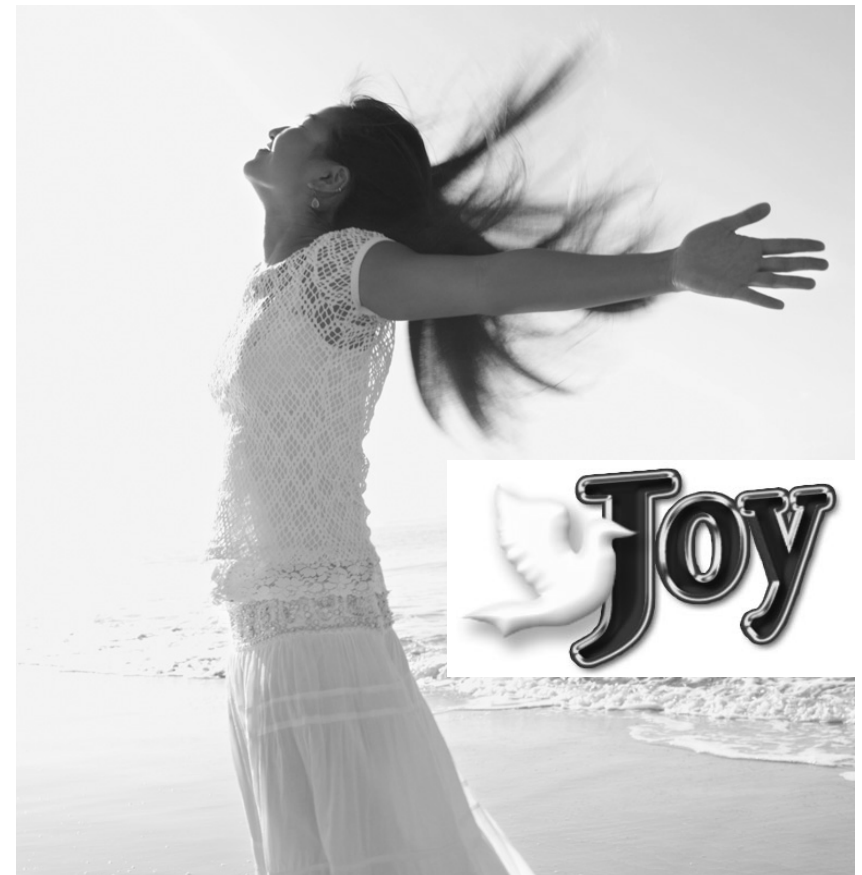
Sunday, September 20, 2009

A message by Rev. John D. Selvage, Jr.

## Living Life Abundantly

In John 10:10, Jesus said,  
“ . . . I have come that they may have life,  
and that they may have *it* more abundantly.”

### Through the Tears & Laughter, Living a Joy Filled Abundant Life



## Living Life Abundantly . . .

### #1 Through the Tears

Life is not fair. When we face life's tragedies, heartaches, and struggles, God teaches us life changing faith building lessons as we learn to walk by faith trusting God to be our source of strength.

- Ecclesiastes 7:2 Better to go  
to the house of mourning  
Than to go to the house of feasting,  
For that *is* the end of all men;  
And the living will take *it* to heart.
- 3 Sorrow *is* better than laughter,  
For by a sad countenance  
the heart is made better.
- 4 The heart of the wise *is*  
in the house of mourning,  
But the heart of fools *is*  
in the house of mirth.

There is no shame in shedding tears.

When Jesus arrived at the tomb of Lazarus  
John 11:35 Jesus wept.

When we mourn, God comforts us . . .

Matthew 5:4 Blessed *are* those who mourn,  
For they shall be comforted.

and as time goes by, laughter will return.

Luke 6:21 . . . Blessed *are you* who weep now,  
For you shall laugh.

## Living Life Abundantly . . .

### #2 Through the Laughter

Laughter is great medicine for our souls.

Eccl. 3:1 To everything *there is* a season,  
4 A time to weep, And a time to laugh;

When God answers our prayers, we should laugh  
and celebrate life's blessings with others.

- Genesis 21:5 Now Abraham  
was one hundred years old  
when his son Isaac was born to him.
- 6 And Sarah said,  
"God has made me laugh,  
*and* all who hear will laugh with me."
- 7 She also said,  
"Who would have said to Abraham  
that Sarah would nurse children?  
For I have borne *him* a son in his old age."

When God moves in a powerful way, our laughter  
and singing are a powerful witness to others.

- Psalms 126:1 When the LORD  
brought back the captivity of Zion,  
We were like those who dream.
- 2 Then our mouth was filled with laughter,  
And our tongue with singing.  
Then they said among the nations,  
The LORD has done great things for them."
- 3 The LORD has done great things for us,  
*And* we are glad.