

Family Camp 2015 Workshop

“Strategies for Joy-Filled Living” (Turning Lemons into Lemonade!)

Potential Joy-Killers

I. Health Issues

- A. Chronic Pain or Illness
- B. Disabilities
- C. Growing Older (Limitations)
- D. Facing Death

II. Addictions

- A. Immorality
- B. Alcohol & Drugs
- C. Gambling / Gaming / Other

III. Personal

- A. Stress
- B. Time Pressures
- C. Financial Challenges
- D. Equipment Breakdowns, Malfunctions
- E. Worry
- F. Complaining
- G. Gossip / Slander
- H. Fears

IV. Relationships

- A. Family Members / Relatives
- B. Neighbors
- C. Co-workers or Bosses

Joy-Builders

1. Service Priority – Matthew 25:40

- J – Jesus 1st
- O – Others 2nd
- Y – You 3rd

2. Singing – Acts 16:25 (Paul & Silas)

3. Meditating on encouragement of Scripture

4. Prayer – Philippians 4:6&7

- Expressing trust, transferring burdens
- Giving praise

5. Thanksgiving – I Thess. 5:18

- Expressing gratitude...to God
- ...to others...for personal reflection

- Focusing on what you have –
- not on what you don't have

6. Sufficient rest / physical, emo. boundaries

- Don't over-extend, commit / set limits

7. “This too shall pass”

- (Perspective, outlook)
- Earth-time is temporary...now vs. eternity

8. Stewardship

- Giving ownership and control to God
- Trusting God, acknowledging His promises i.e. responsibilities

9. Sense of Humor

- (Don't take yourself too seriously.)

10. Visiting others in worse conditions than you (nursing home, hospital, jail, missions flds, etc.) (recognizing how good you have it)

11. Contentment – Philippians 4:11

- Understanding what you can live without