

How to find Happiness & Joy  
Pastor Basil Bell  
List of Biblical Texts and Historical References



[View Presentation](#)

**Galatians 5:22-23** - But the fruit of the Spirit is love, joy , peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

**1 Corinthians 11:23 – 12:10** -Are they Servants of Christ, I'm out of my mind to talk like this, but I am more. I have worked much harder been in prison more frequently been flogged more severely been exposed to death again and again. Five times I received from the Jews the 40 lashes minus one. Three times I was beaten with rods, once I was stoned, three times I was shipwrecked. I spent a night and a day in the open sea. I've been constantly on the move.

I've been in danger from rivers,  
in danger from bandits,  
in danger from my own countrymen,  
in danger from Gentiles,  
in danger in the city,  
in danger in the country,  
in danger at sea,  
and in danger from false brethren.

I have labored and toiled and have often gone without sleep. I've known hunger and thirst and have often gone without food. I've been cold and naked. And besides everything else, I face daily the pressure of my concern for all the churches.

To keep me from becoming conceited, (because of the dreams and visions that he had), because of these surpassingly great revelations there was given me a thorn in my flesh a messenger of Satan to torment me. Three times I pleaded with the Lord to take it away from me, but he said to me my grace is sufficient for you for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses so that Christ's power may rest on me. That is why for Christ's sake I delight in weaknesses, in insults, in hardships in persecutions, in difficulties, for when I'm weak then I am strong.

**God can bring good out of anything:**

**Romans 8:28** - We know, not we guess, we know that in all that happens, all that happens, that's the good, the bad and the ugly, we know that all, in all that happens, God works for the good of those who love him and are called according to his purpose

**Philippians 4:4** – Rejoice in the Lord always. I will say it again: rejoice

**Philippians 1:12** - I want you to know dear brothers and sisters that everything, everything, all what had happened in the past four years that I told you about, everything that has happened to me has helped to spread the good news.

**Philippians 1:13** - So that my bonds in Christ are manifest in all the palace, and in all other places;

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**Note:**

Some of Nero's own family had come to Christ.

**Believers began to be bolder in sharing the Gospel through Paul's example.**

**Philippians 1:14** - And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

**There are 4 kinds of people:**

critics  
companions  
competitors  
challengers.

**Verse 15** – (critics): There are some people who preach Christ because they're jealous of us and they like to argue (companions): But others preach about Christ with pure motives. 16 They preach because they love me, for they know I have been appointed to defend the Gospel.

**Verse 17** – (competition) Some preach Christ out of selfish ambition, not sincerely, (challengers) Supposing that they can stir up trouble for me while I am in chains.

**Verse 18** - If their motives are false or genuine, the message about Christ is being preached either way, so I rejoice. And I will continue to rejoice.

**Paul wrote that you can have enduring happiness no matter what, if you have the mind of Christ**

**Philippians 2:5,8** – <sup>5</sup>Let this mind be in you, which was also in Christ Jesus. <sup>8</sup> And being found in appearance as a man, he humbled himself by becoming obedient to death – even the death on a cross!

**Romans 8:28** – (Fret not, God loves you): All things work out for good for those under His care because He cares for you.

**Philippians 4:11** – (Faint not, He holds you): I have learned to be content whatever the circumstance

**Attitude is Altitude**

I choose to accept that God is in control of the universe and my life

**Fear not – He keeps you**

I live my life with faith not fear.

**Fear not – He abides with you**

**Philippians 4:6,7** - Be anxious for nothing but in everything let the peace of Christ rule your hearts and minds.