

# Complete Joy

*Ephesians 5:1-4*

## Part 2

**Ephesians 5:1-4** Therefore be imitators of God, as beloved children. <sup>2</sup> And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. <sup>3</sup> But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. <sup>4</sup> Let there be no filthiness nor foolish talk nor crude joking, which are out of place, **but instead let there be thanksgiving.**

### I. Satanic surrogates of joy

A. Empty entertainment

B. Covetousness

C. Moral impurity

**1 John 1:3-4** that which we have seen and heard we proclaim also to you, so that you too may have fellowship with us; and indeed our fellowship is with the Father and with his Son Jesus Christ. <sup>4</sup> **And we are writing these things so that our joy may be complete.**

**Romans 14:17** For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and **joy in the Holy Spirit.**

**Psalms 32:11** Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart!

**Luke 10:20** Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.”

**Ephesians 5:3-4** But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. <sup>4</sup> Let there be no filthiness nor foolish talk nor crude joking, which are out of place, **but instead let there be thanksgiving.**

## II. The source of real joy

**Gratitude** — is an attitude of appreciation of a benefit that one has received.<sup>1</sup>

**Gratitude** — a sense of duty, respect, and love to another person (particularly expressed in specific actions) for the good done by him.<sup>2</sup>

**Gratitude** — a complex emotion, arising from an emotional and rational evaluation of circumstances,<sup>3</sup>

*The research of Japanese and American psychologists under the leadership of Keiko Otake, done at University of Cvansey Gaykin and Kobe College (Japan) show that those who express gratitude daily have more optimism, a sense of harmony, and even feel more physically fit than others.<sup>4</sup>*

*Gratitude is able in an instant completely eliminate longstanding grudges among people, to overcome hatred, anger, jealousy, etc. Gratitude, especially gratitude to God is able to lift someone from the dust, from the deepest depth to the heights of heaven. Besides, gratitude is pleasant in itself. Wouldn't you agree that it is much more pleasant to experience gratitude than say resentment or envy, instead of arrogance and contempt.<sup>5</sup>*

*A thankful prayer is most perfect and pure. It does not seek its own, does not ask, but is overjoyed with God's mercy shown to mankind. For everything — for eyes that see that sun and beauty, for ears that hear the harmony of sounds and God's Word, for the mind which can understand mysteries, for the heart which can love — for all of these there is gratitude. Too often we are focused on the dark strands of life and forget about all that is good, that has been given to us in this world...<sup>6</sup>*

*There is no other quality that I would like to possess as the ability to be grateful. Not only is it the greatest virtue, but the parent of them all.<sup>7</sup>*

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χαρις – caritas –charity

χαρις – gratia – gracia (“Thank you” in Italian) – gratitude, graciousness<sup>8</sup>

**Gratitude** — is a positive, gracious attitude of the soul, which is responding to the received good with appreciation, gracious disposition, sincere desire and readiness to serve in return.

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<sup>1</sup> Translated from Russian: [Википедия](#)

<sup>2</sup> Translated from Russian: Новая философская энциклопедия, <http://iph.ras.ru/elib/0421.html>

<sup>3</sup> Translated from Russian: [Википедия](#)

<sup>4</sup> Translated from Russian: Ажа Ханова, *Феномен благодарности*, <http://cloudwatcher.ru/analytics/5/view/30/>

<sup>5</sup> Translated from Russian: «Благодарность, что это такое и в чем ее сила» <http://www.psychology-faq.com/blagodarnost-cto-e-to-takoe-i-v-chom-ejo-sila/>

<sup>6</sup> Translated from Russian: Цитировано в Ажа Ханова, *Феномен благодарности*, <http://cloudwatcher.ru/analytics/5/view/30/>

<sup>7</sup> Translated from Russian: <http://www.xapaktep.net/virtues/meliorating/appreciativeness/desc.php>

<sup>8</sup> Bibleworks 9, Gingrich Lexicon

## A. The nature of gratitude

*Gratitude — is a positive, gracious attitude of the soul, which is responding to the received good with appreciation, gracious disposition, sincere desire and readiness to serve in return.*

*Gratitude is not simply an emotion, but an emotiono-logical state, when feelings arise based on specific thoughts.*<sup>9</sup>

**Romans 1:21-23** For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.<sup>22</sup> Claiming to be wise, they became fools,<sup>23</sup> and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things.

### 1. Correct view of God

**Romans 1:20-21** For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.<sup>21</sup> For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.

### 2. A correct response to God

*Gratitude — is the most logical and right response to God from a person*

### 3. Correct response to the created world

**Romans 1:21-23** For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.<sup>22</sup> Claiming to be wise, they became fools,<sup>23</sup> and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things.

## B. General expressions of gratitude

### 1. Thank God for this greatness and sovereignty

**Psalms 96:2-6** Sing to the Lord, bless his name; tell of his salvation from day to day.<sup>3</sup> Declare his glory among the nations, his marvelous works among all the peoples!<sup>4</sup> For great is the Lord, and greatly to be praised; he is to be feared above all gods.<sup>5</sup> For all the gods of the peoples are worthless idols, but the Lord made the heavens.<sup>6</sup> Splendor and majesty are before him; strength and beauty are in his sanctuary.

**Psalms 96:10-12** Say among the nations, "The Lord reigns! Yes, the world is established; it shall never be moved; he will judge the peoples with equity."<sup>11</sup> Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it;<sup>12</sup> let the field exult, and everything in it! Then shall all the trees of the forest sing for joy

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<sup>9</sup> [www.doktor-altunin.narod.ru](http://www.doktor-altunin.narod.ru)

## 2. Thank God for salvation

**Psalm 32:1-2** Blessed is the one whose transgression is forgiven, whose sin is covered. <sup>2</sup> Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit.

**Luke 10:20** Nevertheless, do not rejoice in this, that the spirits are subject to you, but **rejoice that your names are written in heaven.**"

## 3. Thank God for participation in His glory

**2 Corinthians 3:18-4:1** And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. **Therefore**, having this ministry by the mercy of God, **we do not lose heart.**

## 4. Thank God for becoming part of His family.

**Romans 8:15-17** For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" <sup>16</sup> The Spirit himself bears witness with our spirit that we are children of God, <sup>17</sup> and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

## 5. Thank God for participation in His work

**Luke 15:10** Just so, I tell you, there is joy before the angels of God over one sinner who repents.

**3 John 4** I have no greater joy than to hear that my children are walking in the truth.

**Luke 10:21** In that same hour he rejoiced in the Holy Spirit and said, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will.

## 6. Thank God for hope

**1 Peter 1:3-6** Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup> to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, <sup>5</sup> who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. <sup>6</sup> In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials

## 7. Thank God for revelation

**Psalm 119:162** I rejoice at your word like one who finds great spoil.

## 8. Thank God for His deeds

**Psalm 92:4-5** For you, O Lord, have made me glad by your work; at the works of your hands I sing for joy. <sup>5</sup>How great are your works, O Lord! Your thoughts are very deep!

*“As we conquer peak after peak we see in front of us regions full of interest and beauty, but we do not see our goal, we do not see the horizon; in the distance tower still higher peaks, which will yield to those who ascend them still wider prospects, and deepen the feeling, the truth of which is emphasized by every advance in science, that ‘Great are the Works of the Lord’.<sup>10</sup>”*

## 9. Thank people who do good to you

**Luke 17:15-18** Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; <sup>16</sup> and he fell on his face at Jesus’ feet, **giving him thanks**. Now he was a Samaritan. <sup>17</sup> Then Jesus answered, “Were not ten cleansed? Where are the nine? <sup>18</sup> Was no one found to return and **give praise** to God except this foreigner?”

**Gratitude** — is a positive, gracious attitude of the soul, which is responding to the received good with appreciation, gracious disposition, sincere desire and readiness to serve in return.

**Do you have a thankful heart?**

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<sup>10</sup> **Sir Joseph J. Thomson**, Nobel Prize winning physicist, discoverer of the electron, founder of atomic physics.  
<http://godevidence.com/2010/08/quotes-about-god/>