





**RHYTHMS OF**

*JOY*

*1 THESSALONIANS 5:16 (NIV 1984)*

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*ROMANS 12:12A (NIV 1984)*

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*NEHEMIAH 8:10B (NIV 1984)*

**The joy of the Lord is your  
strength.**

A sunset over a mountain range with the sun low on the horizon, casting a warm orange glow. The text is overlaid on the center of the image.

**RHYTHMS**

**OF**

***REMEMBERING***

## Colossians 2:16-17

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

## Philippians 1:25-26

Convinced of this, I know that I will remain, and I will continue with all of you for **your progress and joy** in the faith, so that through my being with you again **your joy in Christ Jesus will overflow** on account of me.

“The JOY of the Lord is your strength.”

“The JOY of the Lord is your strength.”

Nehemiah 8:10

1. The joy of the Lord is your ***joy***
2. The joy of the Lord is your ***strength***

“a weariness that isn't cured with rest.”

– Jill Reasa



God's joy gives us a full treatment in 3 parts.  
Only the 1st is rest.

## 3 kinds of rhythms of JOY:

1. **Rhythms for creatures** – rest and work for productivity and blessing
2. **Reset for sinners** – so guilt and shame and damnation don't eat out your bones with discouragement
3. **Remembrance for spirits** – stabilizing and solidifying identity to forge a character in a confusing and tempting world



**REMEMBRANCE FOR SPIRITS**



**RESETS FOR SINNERS**



**RHYTHMS FOR CREATURES**

Remembering Christ links your identity to his joy  
and progress

Or: Root identity, Blossom joy



1. God knows: our *identity* is critical to our joy.

Rhythms: us and horses.

Resets: Our evil and failure points to more in us.

Reason: we need more. A morality, a meaning,  
purpose and significance.

**Humans without a sufficient meaning  
go haywire.**

## Leviticus 18:1-4

The LORD said to Moses, "Speak to the Israelites and say to them: 'I am the LORD your God. You must not do as they do in Egypt, where you used to live, and you must not do as they do in the land of Canaan, where I am bringing you. Do not follow their practices. You must obey my laws and be careful to follow my decrees. I am the LORD your God.'"

(Comes right before sexual regulations)

# Foundational Identity is unstable without God

1. **Root Identity:** deeper than a father
2. **Self-deception of low and arbitrary expectations**
3. **Moral Impotence:** it fails you
4. **Non-normative solution:** not good enough for  
humanity as a whole

2. God knows our identity needs a *foundation* if our character is to be *forged*.



Exodus 12:17

Celebrate the Feast of Unleavened Bread, because it was on this very day that I brought your divisions out of Egypt. Celebrate this day as a lasting ordinance for the generations to come.

The gospel is a ***DYNAMIC*** of promise and grace

Former version pointed to Christ.

God has always given identity through gospel.

3. Memorials are how faith remembers.

(So God commands them)

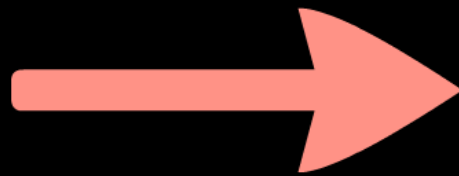
## **OT story not:**

People in rhythm, then mistakes happen, then they have a reset, then they're happy.

## **OT story is:**

People forget who they are, lose their way, forget the resets, reject rhythms, enslave, are enslaved, remember God and cry out...then forget again.

Passover,  
unleavened Bread,  
Booths,  
Day of Atonement,  
Sabbath,  
Jubilee,  
Sacrifices,  
Family Devotions,  
etc.



Baptism,  
Lord's Supper,  
Worship,  
Exhortation/preaching,  
Scripture Reading,  
Corporate Prayer,  
Fellowship/Community,  
Family Devotions,  
etc.

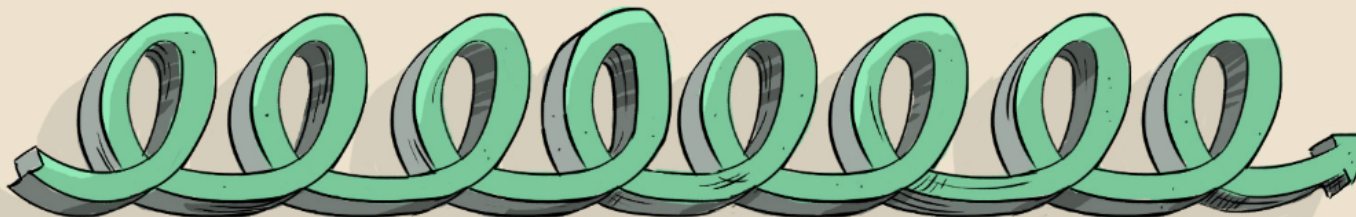
***(The human tendency and need remains)***



**REMEMBRANCE FOR SPIRITS**



**RESETS FOR SINNERS**



**RHYTHMS FOR CREATURES**



“The JOY of the Lord is your strength.”

Nehemiah 8:10









