

# LIFE FOUNDATIONS





## I TIMOTHY 4:16

<sup>16</sup> Watch your life and doctrine closely

Persevere in them, because if you do, you will  
save both yourself and your hearers.



# 1. KNOW GOD



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**2. PURSUE INTEGRITY**



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**3. BE YOURSELF**



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4. OWN RESPONSIBILITY



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6. LOVE LEARNING





LIVE  
JOYFULLY



## NEHEMIAH 8:10

<sup>10</sup> Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”



## **GALATIANS 5:22**

<sup>22</sup> But the fruit of the Spirit is love, joy,  
peace, forbearance, kindness, goodness,  
faithfulness...





# Anti-Joy Conditions





## NUMBERS 14:27

<sup>27</sup> “How long will this wicked community grumble against me? I have heard the complaints of these grumbling Israelites.



## PHILIPPIANS 4:6

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



## PSALM 30:5

<sup>5</sup> For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.



## MATTHEW 11:28-30

<sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”





























# LIVE JOYFULLY

Have I taken the  
pressures of life  
and ministry onto  
myself?



**I PETER 5:7**

<sup>7</sup> Cast all your anxiety on him because he cares for you.



## ISAIAH 42:5,6

<sup>5</sup> This is what God the Lord says—the Creator of the heavens, who stretches them out, who spreads out the earth with all that springs from it, who gives breath to its people, and life to those who walk on it:



## ISAIAH 42:5,6

<sup>6</sup> “I, the Lord, have called you in righteousness;  
I will take hold of your hand. I will keep you  
and will make you to be a covenant for the  
people and a light for the Gentiles.



## ISAIAH 42:11-13

<sup>11</sup> Let the wilderness and its towns raise their voices; let the settlements where Kedar lives rejoice. Let the people of Sela sing for joy; let them shout from the mountaintops.



## ISAIAH 42:11-13

<sup>12</sup> Let them give glory to the Lord and proclaim  
his praise in the islands.



## ISAIAH 42:11-13

<sup>13</sup> The Lord will march out like a champion, like a warrior he will stir up his zeal; with a shout he will raise the battle cry and will triumph  
over his enemies.



