

## **Unstoppable**

### **Ready:**

Yet I will triumph in the Lord; I will rejoice in the God of my salvation!—Habakkuk 3:18

### **Set**

In a pro basketball game in South Africa, I drove the baseline and dunked on the guy guarding me. I then stole the inbounds pass and dunked it again. After that, I received a pass from a teammate who stole the ball on the next possession and yet dunked again. I had three dunks in a span of about 60 seconds. However, in that same game I also was dunked on and fouled the guy on the play. As it was my fifth and disqualifying foul, I went to the bench to watch my team lose the game.

Sports and life resemble that game—full of ups and downs as people search for happiness and satisfaction. The root word for happiness is happen, meaning that our happiness depends on what happens around us. Joy on the other hand is not based on circumstance. It is found only in Christ and is not subject to what happens. Joy in Christ gives us a foundation to face times of glory and times of defeat without being shaken or losing hope. Why? Because we know that no matter the situation, God will work all things—good or bad—for His good.

### **Go**

1. Can you think of a time when you have sensed peace and joy even during trials?
2. When have you looked at a situation through the eyes of “happiness,” basing your feelings on your circumstances?
3. Which approach do you prefer in facing the tough times?

### **Workout**

Habakkuk 3:17-19; Matthew 7:24-27; Romans 8:38-39; Philippians 1:6

### **Overtime**

Heavenly Father, today I rejoice in the salvation You have given me. Forgive me for searching for happiness and satisfaction in this world. I want to find my joy in You. Thank You for protecting and loving me. Amen.

### **Bible Reference:**

Philippians 1



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