



## 12 Keys to Reclaiming Joy practical advice on moving from discouragement to joy

By Ella Wall Prichard

*paraphrased from the Apostle Paul's letter to the church at Philippi  
with links to blogs on each key*

1. **With wisdom and discernment, grow in love for others. And this I pray, that your love may abound still more and more in real knowledge and all discernment.** 1:9  
["Love...Knowledge...Discernment"](#)
2. **Be sincere and blameless, approving all that is excellent. So that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ.** 1:10  
["Sincere...Blameless...Excellent"](#)
3. **Seek unity and a shared purpose. Make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose.** 2:2  
["Family Unity Matters"](#)
4. **Look out for others' best interests, not only your own. Do not merely look out for your own personal interests, but also for the interests of others.** 2:4  
["De Tocqueville's Advice for Widows"](#)
5. **Do all things without grumbling or arguing. Do all things without grumbling or**

- disputing; that you may prove yourselves to be blameless and innocent... 2:14, 15a*  
[“Complaining Won’t Change Things”](#)
6. **Welcome others; be hospitable.** *Therefore receive him in the Lord with all joy... 2:29*  
[“Extending and Accepting Hospitality”](#)
  7. **Let go of the past; embrace the future.** *Forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize... 3:13b, 14a*  
[“Advent: A Season of Hope”](#)
  8. **Don’t be anxious; instead, be thankful when you pray.** *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 4:6* [“Don’t Worry; Be Happy”](#)
  9. **Think of things that are true, honorable, right, pure, lovely, of good reputation, excellent and praiseworthy.** *Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence or if anything worthy of praise, let your mind dwell on these things. 4:8*  
[“Seeking Peace in Troubled Times”](#)
  10. **Be content, whatever your circumstances.** *I have learned to be content in whatever circumstances I am. 4:11b* [“Bloom Where You Are Planted”](#)
  11. **Claim God’s promise that you can do all things through Him who gives you strength.** *I can do all things through Him who strengthens me. 4:13* [“Mrs. Claus Throws a Pity Party”](#)
  12. **Be generous in sharing with others.** *But I have received everything in full, and have an abundance; I am amply supplied, having received...what you have sent, a fragrant aroma, an acceptable sacrifice, well-pleasing to God. 4:18* [“Gratitude > Generosity > Joy”](#)

All Scripture from the New American Standard Bible.  
<http://ellawallprichard.com/12-keys-to-reclaiming-joy-2/>  
 copyright, Ella Wall Prichard, 2016