

Today I choose JOY

**THE JOY
OF THE LORD
IS MY
STRENGTH**

NEHEMIAH 8:10

Joy

“Fruit of the Spirit and more. . .”

“These things have I spoken unto you, that My joy might remain in you, and that your joy might be full.”

John 15:11

Probably the first recollection most of us have of the word “Joy” in the Bible was spoken by the angels to a group of lowly shepherds as recorded in Luke 2:10 “*And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.*” This was a wonderful joy. It was the announcement of the coming of the Messiah that had been promised by God for many

generations. Joy is one of the Fruits of the Spirit and we have many more joys—too numerous for us to count. If we were asked to make a list of our joys it could take a long or short time depending on our mood at the time. I doubt if the first one would be the joy of knowing we have eternal life. Yes, we know this as a joy, but we take it for granted most of the time, just as we do the other joys in life. But that joy is forever. It doesn’t fade over time. God’s love is everlasting so we should always have that joy in knowing God is with us every day.

We have joy with family members and friends. When we lose a loved one whether family or friend we feel a loss of the joys that we had with that person. No matter how secure our joy seems, we know our earthly joy has an ending. Sometimes those joys are never replaced. We make new friends and we have new joys, but the old joys are still in our hearts. I remember a quote that when we lose a loved one the memories becomes a treasure. Sometimes those memories can bring joy to our hearts and sometimes they can bring tears to our eyes. We have many earthly joys. We have a joy with presents. We can have

“Joy is not in things...

...it is in us.”

-Richard Wagner



joy with a new car. Sometimes we have joy with our special car and then we get a new car and have a joy with it, but eventually that new joy fades away just like the smell of the new car!

We have all heard people say “I have never been happier.” What caused that happiness? Why does it have to end? It is interesting to compare our human joy with God’s continual joy. As long as we are human our earthly joys come and then often diminish.

Definitions of joy vary just as our joys vary. Some words used to define joy include happy, glad, cheerful, exultation, satisfaction and pleasure. Webster specifically defines it as “a very glad feeling; happiness; great pleasure; delight.” These definitions only define the expression of the wonderful emotion. They fail to consider the causes of joy, the circumstances in which it is expressed or its longevity. In these areas, the Bible presents a much more complex virtue than these definitions indicate.

Joy, like other “Fruits of the Spirit” is

Joy is the holy
fire that keeps our
purpose warm and
our intelligence aglow.

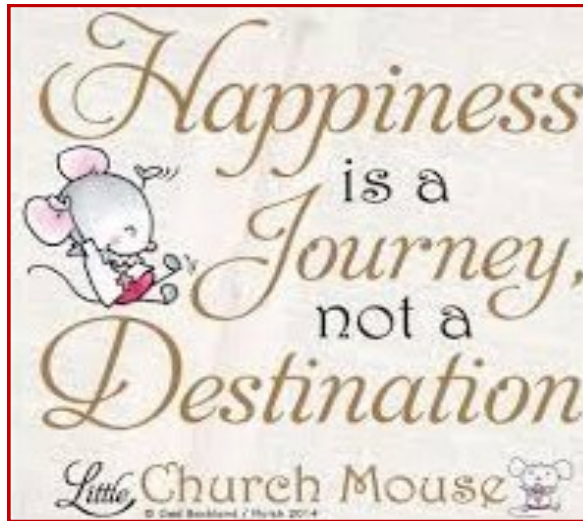
Helen Keller

not physical or tangible. They are just what they say –fruits of the Spirit. That Spirit is the Spirit of God. We can have limited imitations of joy, but there is only one

true joy that will last forever. That joy is in knowing God and His love for us. Through that love, we have many joys. That doesn't mean that we don't have joy on this earth. We do. We have many more than we can count. We can know inner qualities that we do not possess by nature. Until we come to the point where by faith we are supremely confident of God's presence in our life—of His providence toward us in the past, present and future—we will not experience the enduring fullness of satisfaction God wants us to have. That is not fatalistic. It is a promise of a free gift that is ours for the asking. So often we want to pay for things. We have a hard time accepting gifts. We have a sense of obligation. This joy is free. It begins when God calls and we accept His call.

One of my favorite camp songs talks about Joy like a fountain in my heart. The fountain just keeps on flowing. Sometimes my joy is higher than other times, but like the Mississippi river, it just keeps rolling along.

"The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives" Nelson



I've got peace like a river

*"I've got peace like a river In my soul
I've got love like an ocean In my soul
I've got joy like a fountain In my soul
I've got peace, love and joy like a
river In my soul"*
- Cedar mont Kids

**"THE JOY OF THE GOSPEL
FILLS THE HEARTS AND LIVES
OF ALL WHO ENCOUNTER
JESUS. THOSE WHO ACCEPT
HIS OFFER OF SALVATION
ARE SET FREE FROM SIN,
SORROW, INNER EMPTINESS
AND LONELINESS.
WITH CHRIST JOY IS
CONSTANTLY BORN ANEW."**

-POPE FRANCIS
EVANGELII GAUDIUM

Prayer: Almighty God, You have showered us with your love. You have put gladness in our hearts. Help us to plant that gladness in the hearts of others by the way we share Your love and then when our time on this earth is finished, may we lie down in peace knowing that we are with You for eternity. Amen.

1. Does anyone on earth not want to live confidently and joyfully? Why?
2. How can we have real joy?
3. How can giving joy to someone else, enhance our joy?
4. Romans 15:13 says: *"Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost."* According to this Scripture, where can we find real joy?
5. How can we go about having joy in our hearts and showing that joy to others?
6. *"Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord."* Matthew 25:21. What kind of joy is this? Do we really understand it?

© rgscripts

info@rgscripts.com



**The art of
being happy is
to be satisfied
with what you
have.**