



## Choosing Joy

### Nehemiah 8:10

“Do not grieve, for the **joy of the Lord is your strength,**”

Joy is necessary, especially in times of trouble – that is why it is a fruit of the spirit (Galatians 5:22). With chaos all around you, it may seem impossible to feel joyful, but that’s because joy is not a feeling, it’s a decision. Webster’s 1828 dictionary describes joy as a passion or emotion excited by the expectation of something good. Romans 12:12 says to be joyful in hope! Our hope of what is to come is what will bring us joy! God’s plan for doing us good has not changed – it’s His promise, and he cannot deny himself (Jeremiah 29:11; 2 Timothy 2:13).

In scripture, the devil has many different descriptions. In John 10:10, Jesus describes him as a thief – he comes to steal the word out of our hearts (Mark 4:15). When he is successful in stealing the words from our hearts, losing our joy is the result. Losing our joy means losing our strength – the joy of the Lord is our strength (Nehemiah 8:10). We need the strength of God operating in us more than ever before! We have the answer of hope for the entire world – it is Jesus!

Maintaining our joy cannot happen in our own strength. We must seek God for it through His Word and fellowship with Him in prayer. It’s a supernatural disposition. I’m thankful that God didn’t leave us helpless; he sent the comforting ministry of the Holy Spirit to be with us always. He’s our helper - He is our friend (John 14:26).

Check out more scriptures about joy:

#### **1 Thessalonians 5:16-18 | NIV**

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

#### **Philippians 4:4 | NIV**

Rejoice in the Lord always. I will say it again: Rejoice!

**Psalm 94:19 | NIV**

When anxiety was great within me, your consolation brought me joy.

**Habakkuk 3:17-18 | NIV**

Though the fig tree does not bud  
and there are no grapes on the vines,  
though the olive crop fails  
and the fields produce no food,  
though there are no sheep in the pen  
and no cattle in the stalls,  
yet I will rejoice in the Lord,  
I will be joyful in God my Savior.

**Psalm 16:11 | NIV**

You make known to me the path of life.  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

**Psalm 119:111 | NIV**

Your statutes are my heritage forever; they are the joy of my heart.

*As you study the scriptures and spend time with the Lord, His presence will refresh your spirit, and restore His joy within you. We need a daily dose!*