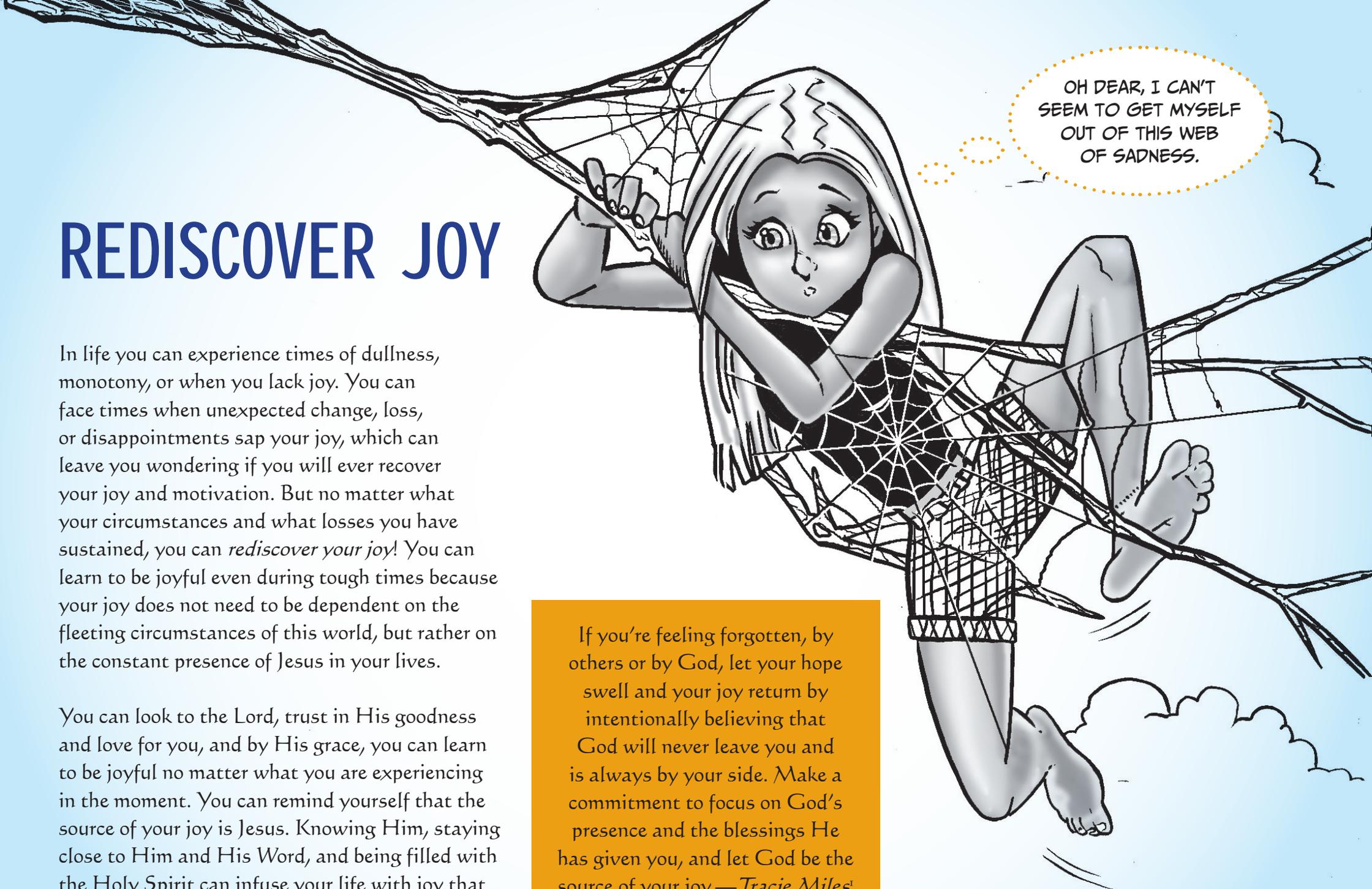


REDISCOVER JOY

In life you can experience times of dullness, monotony, or when you lack joy. You can face times when unexpected change, loss, or disappointments sap your joy, which can leave you wondering if you will ever recover your joy and motivation. But no matter what your circumstances and what losses you have sustained, you can *rediscover your joy!* You can learn to be joyful even during tough times because your joy does not need to be dependent on the fleeting circumstances of this world, but rather on the constant presence of Jesus in your lives.

You can look to the Lord, trust in His goodness and love for you, and by His grace, you can learn to be joyful no matter what you are experiencing in the moment. You can remind yourself that the source of your joy is Jesus. Knowing Him, staying close to Him and His Word, and being filled with the Holy Spirit can infuse your life with joy that is not dependent on physical circumstances.

If you're feeling forgotten, by others or by God, let your hope swell and your joy return by intentionally believing that God will never leave you and is always by your side. Make a commitment to focus on God's presence and the blessings He has given you, and let God be the source of your joy.—*Tracie Miles*¹



OH DEAR, I CAN'T SEEM TO GET MYSELF OUT OF THIS WEB OF SADNESS.

¹"I Feel Forgotten," *Proverbs 31 Ministries*, November 23, 2018.

TIPS TO REDISCOVERING JOY:

- ❑ Notice the little things. Pay attention to even brief moments that bring joy. Thank God for the little wonders that inspire you. Once you are aware of the things that produce joy for you, think about how you can *intentionally* build more of those moments into your life.
- ❑ Do what brings you joy. Take a minute to remember what you used to love to do and find a way to pick it up again. If things are different now and that activity is not possible, or you find that it no longer brings as much joy, try something else. Just try!
- ❑ Take inventory of what saps your joy. There may be things in our lives that steal our joy—“killjoys.” It is important that you not allow negative emotions, thoughts, or moods to take hold in your life. These “killjoys” can grow with time and become habits or automatic reactions. If you have allowed any of these killjoys to take root in your life, it’s important to take the time to seek the Lord, study His Word, and ask His Spirit to restore the joy of your salvation.² God can cleanse your mind and spirit and fill you with His joy.
- ❑ Remember that Jesus is your source of joy. Happiness is often associated with circumstances, and you are bombarded with messages telling you that circumstances—appearance, wealth, relationships, possessions, etc.—control your sense of joy. But your joy comes from Jesus! When you seek the Lord and allow the Holy Spirit to reign in your life, you can rediscover your joy.

Happiness can be circumstantial and fleeting, but joy is a gift from God, and you can have joy even in difficult circumstances. Whatever hardships, difficulties, or disappointments you face, no matter what circumstances you find yourself in today, you can stand on the solid rock of Jesus, who is the foundation of joy.

“There I will go to the altar of God, to God—the source of all my joy. I will praise you with my harp, O God, my God!”³

THANK YOU,
GOD, FOR HELPING ME
REDISCOVER JOY!

