

# Be Joyful

"I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!" (John 15:11 NLT).

"You will teach me the right way to live. Just being with you will bring complete happiness. Being at your right side will make me happy forever" (Psalm 16:11 ERV).

This is the season to be joyful! Break out the holly, the lights, the nativity scene, and the baubles, and get ready to celebrate and rejoice!

You have so much to be happy about. Instead of focusing on what you might not have, wish you had, are missing out on, or any stress that comes with the end of the year, turn that around and make it into a Christmas present for yourself and for Jesus—something you can both be happy about!

Stop for a moment and think about the plusses and the happiness that fill your life. When you do, you'll not only be expressing your gratitude to Jesus for His care and love, but you'll be giving yourself gifts too—happiness and contentment!

If something is bothering you, if you can't get over a negative feeling or emotion, talk to Jesus about it and let His peace fill your heart. As you fill your mind with thoughts of gratitude and look for ways to bring joy to others, you'll find that in turn, happiness will fill your heart.

Let the joy of Christmas encompass your life with peace, happiness, and anticipation for what lies ahead.

