

My joy quotient has been a little low lately.

I don't need to remunerate for you my troubles, just believe me when I say this period of my life has been one where energy has been low and the "must do" list high. I have been drained in ways I did not know were possible.

Recently (God's timing is perfect) a high school friend invited me to do an online devotional with her on the Bible app called "A Jolt of Joy". (Tears in my eyes to realize how much God loves me!)

I have been reminded through this study of many TRUTHS from God's word that we all know but sometimes lose a grasp on. Kinda like that saying "you can't see the forest for the trees". Often in moments of angst you are blinded.

Here's a quote from the study: "Joy is not a natural response to life but is a SUPERNATURAL response to life." Can I get an AMEN?

That quote was followed up by this nugget:

"That is why it is a fruit of the Spirit and not the fruit of your personality."

I hit myself along the side of my head after reading that! I was voted in high school as "nicest smile" and "most likely to star in a Crest commercial". I've always been a smiler- I love to laugh- and I love to make people laugh.

But people, it's not about me! Once again God is showing me "More of Jesus! Less of me".

Galatians 5:22

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Galatians 5:22-23 NIV

Some practical steps to joy:

Sing! Sing praise songs! This is a Spirit-directed Joy builder.

"Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: Come before his presence with singing."

Psalms 100:1-2 KJV

Take a few moments 3 times a day and pray for someone else. I know from experience that it works. Eyes off self! As you watch God answering prayers in another person's life- joy is a byproduct.

"But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you."

Psalms 5:11

Lastly, kindness is the sister of joy. Acts of grace, servant love gifts, words of kindness, deeds done in secret, these are the seeds that make joy bloom.

“Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart.”

Proverbs 3:3 NASB

Times of difficulty come & go. Our circumstances shift like the sand. But God is immovable, unchangeable, and our Solid Rock. And always the author of Joy.