

July 22, 2020

“Rejoice in the Lord always; again, I say, Rejoice.” (Philippians 4:4)

This Scripture quote does not tell us to be happy always, but to rejoice always. There’s a difference between happiness and joy.

Happiness is the great feeling that we get when everything is going smoothly. Happy times, such as lunch with friends, family picnics or reunions, nature walks or a funny movie are fleeting, short-lived.

Joy is a spiritual gift. It does not depend on the situation. It’s what God gives us in the midst of trouble when we put everything in His hands. Joy comes from within, no matter what the circumstance you find your life in. Joy has a “glow” about it. You see it when you look into the eyes and face of someone. It’s contagious and can affect anyone around you who is open to experience it. Do you know people who have a contagious joyful spirit? Are you one of them?

Joy is a by-product of living a savored life, of taking time to “smell the flowers”, slowing down, ...doing one thing at a time. If you are walking, just to walk. If you are looking to just look. If you are listening, just to listen. In other words, it’s enjoying the present moment. Each moment is pregnant with God’s real presence. Look for it; wait for it; savor it.

Joy requires acceptance. It requires a deep willingness to accept how little of our life is actually within our own control. It’s an acknowledgment and an acceptance that God will be God: that it is God’s world on God’s time and that we are God’s creatures and that God is at work according to His good pleasure.

Do you want to be joyful? Ask. Joy is a spiritual gift from God and, if you want to receive that gift, ask God, and open your heart and your hands to receive it. It’s a gift that God’s Spirit is waiting to give to you. “Ask and shall receive...”

JOY quotes:

“Sometimes your joy is the source of your smile, but sometimes your smile is the source of your joy.”

“Joy is the infallible sign of the presence of God.”

“Joy is not in things; it is in us.”

