

Monday 15th June 2020

Joy and Happiness

'I have loved you even as the Father has loved me. Remain in my love. When you obey the commandments, you remain in my love, just as I obey my Father's commandments and remain in His love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow.'
(John 15: 9-11)

Joy sustains us in all circumstances because it is life-giving and energising. It comes from God as a gift if we abide in Him and choose to walk in his ways. Our hearts may be full of enchantment even though there are issues all around us for true joy transcends our worldly circumstances. With joy comes peace, *that peace of God which passeth all understanding shall keep your hearts and minds through Jesus Christ.* (Phillipians 4:7) Joy is a gift. We should not waste the gift or refuse to open it.

Happiness is dependent on what is going on around us. When everything in our lives seems to be in place, we may feel elated, but that happiness quickly fades when life takes a turn for the worse and we do not have God to protect us.

We can lose our joy, but only if we waver, which is often when life seems good. Then, we do not always put God at the top of our list over and above everything and everybody in our lives for we are able to manage on our own, or so we think. We fail to seek Him out. We fail to abide in Him and to walk in His ways and life begins to flow less easily. However, that joy can be found when we turn to God again. He is always waiting and, when we turn to Him, we need to seek to build on our relationship with Him and be consistent in that relationship. When our lives are intertwined with His, He will help us through adversity. He will keep us in a stable place without highs or lows.

The more time that we spend in our gardens cultivating our plants through weeding, watering and feeding them, so it is with God. In weeding out the things in our lives which choke us and overwhelm us and are not one with God we rid ourselves of what God does not wish. We get rid of what sucks the good from us. When we drink in God's love for us and feed ourselves with His Word, we shall cultivate joy.

Prayer:

May we always cultivate the joy of God's Word in our lives and walk in his way. May we never let Him go.

Amen