

Tuesday 18<sup>th</sup> August 2020

Psalm 4:7

*“You have filled my heart with greater joy  
than when their grain and new wine abound”*

Philippians 4:4,5

*“Rejoice in the Lord always. I say it again: Rejoice!  
Let your gentleness be evident to all. The Lord is near.”*

We all seek to be happy. We are happy when we feel well. We are happy if our partners are happy. We are happy if our children are happy. We are happy... But are we truly full of joy?

The psalmist in 4:7 makes the distinction between the happiness brought about by a good harvest or a fine vintage of wine and the joy of the heart filled with the Lord.

This is reinforced by Paul who, from the misery of jail speaks of joy. He is undeterred by his circumstances because he is sure in his belief of Jesus being with him come what may.

We who are imprisoned, albeit relatively comfortably, because of the coronavirus should take heart from Paul's conviction that whatever befalls us the love of God is there to make us joyful. Further we should proclaim that joyful message to others *“Let your gentleness be evident to all.”* because the Lord is with us.