

iChoose *Joy*

A 5-day JOYFUL devotional and word study.



DIANA DENIS

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A woman with long dark hair, wearing a blue denim jacket over an orange top and black pants, is dancing joyfully in a park. She has her arms raised and is smiling broadly. The ground is painted with colorful geometric patterns in shades of blue, yellow, red, and purple. In the background, there is a chain-link fence, a tree, and a sign that says "STANDING Time" with an arrow pointing right. The sky is blue with some clouds.

# MEET

# THE

# AUTHOR

Anchored to the truth and hope of Jesus, Diana believes each one of us can live a JOYFUL, abundant life. Transformation is the key. It starts when we learn to apply the truth of God's word in our hearts and minds.

Diana currently lives, serves and thrives in NYC with her husband and their three daughters.

While city life, careers, parenthood and personal responsibilities present many challenges, Diana knows a JOYFUL life awaits each one of us. Her mantra is, "Change your mind. Heal your heart. Change your life."

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I “broke up” with God. That's where this journey to “find” joy began.

I walked away from Him, my church and everything I knew was right and good. I was disappointed with some of the decisions God had made. My heart was bubbling over in agony. God had done the unthinkable and I didn’t know how to respond. So I left.

Looking for something better, searching for joy, I spent the next five years acting foolish and reckless. I had become self-centered. Living this way damaged me. My nerves were frayed and my relationships were broken. My thoughts were poisoned. My heart was crushed.

When my body could no longer handle the toxins, a panic attack would sent me to the hospital. It turned out that living as I pleased wasn’t easier than walking and talking with God. In fact, it caused more damage.

Left alone to figure this out with God, who for some reason hadn’t abandoned me, I had only one choice. I surrendered. While it was the best decision I could make I still had work to do--my heart needed mending.

In my confusion about what I was supposed to do next He spoke very clearly to me. He said, “trust me to show you and you will show others”. I didn't write this devotional because I am a Bible scholar or because I have it all together. I am sharing this out of obedience.

Ladies, if you downloaded this study because you are searching for happiness I want to assure you, you are NOT alone. You are about to discover that the Bible has a lot to say about joy including where true joy comes from, how joy mends a broken heart and how your thoughts affect your joy.

May your heart begin to mend and your joy overflow as you meditate on God's truth about joy!

If you're ready, let's choose joy!

*Diana,*

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“The mouth  
speaks what  
the heart is  
full of.”

LUKE 6:45



Not sure what is in your heart?

Listen to your words.

Don't like what you hear?

Change your thoughts.

## A STATE OF MIND - THE CASE FOR JOY

According to a study at Cornell University we make an estimated thirty-five thousand decisions daily.

The part of our brain that are responsible for making a lot of those decisions is called our implicit, or, procedural memory. Without getting too technical, here's an admittedly oversimplified explanation of its function.

Our brains record our actions and our reactions to the world around us (the good, the ugly, the painful, etc.). As we intentionally repeat behavior patterns our brains learn and eventually takes over so we begin to do things automatically.

It believes what we tell it and repeats patterns based on what we say, read, do and experience.

This process begins very early on which is why a toddler may tug on his mother's shirt when he is hungry and children learn to stay away from a hot stove. We are continually learning and adapting based on observations and life experiences.

We know which side of the bed to get on at night and most of us can probably walk to our bathrooms in the dark without planning.

What we know and believe will dictate the lives we lead. That's not a scientific statement; it is biblical truth. Proverbs 4:23 explains God's design -- OUR THOUGHTS DETERMINE OUR LIVES.

We have at least thirty-five thousand opportunities every day to retrain our brains. When we don't we risk missing the abundant life Jesus offered in John 10:10. Today we start the process of retraining our brains to make intentional decisions to choose JOY.

WE CAN CHANGE OUR LIVES  
BY CHANGING OUR MINDS.

**“Prepare  
yourself for  
the  
roaring voice  
of the  
God  
of joy!”**

EURIPIDES

## BEFORE YOU START

Have you considered how your memories, your experiences and your beliefs affect your behavior? If you are anything like me, like most people, some of those beliefs are based on lies and negative experiences. Those lies and negative experiences dominated my life for too long. I had to do some digging to figure out what those lies were so that I could change my life.

Some people lie because the truth once cost them too much so instead of being truthful, they say what they think others want to hear. Someone might avoid walking down certain streets because of a bad experience. What about the woman who has been burned and now keeps her guard up in every relationship out of fear that every man will eventually break her heart?

These are natural response to a negative experiences and simple examples of how our experiences and thoughts affect our behavior.

The challenge over the next five days is to identify the lies you have come to believe and be aware of the automatic choices we make.

Before you start Day 1, take a few moments to think about how you respond when life takes you on a roller coaster or you find yourself in the middle of a storm? When the pressures of life squeeze you what comes out? What do you believe about yourself, what do you believe about God?

Those thoughts and beliefs will determine your response. As you read Day 2 and so on, take some notes -- what lies have you believed? What truths should you focus on instead? You can retrain your brain. Romans 12:2 tells us we can change as we change and renew our minds. Renew indicates we can hit a reset button.

I have been praying for you since I started writing this devotional. You can replace those negative responses with truth, God's truth. It's healing power can be yours. Your weapons are truth and joy.

You can save this document on your phone or computer. You can also open it with Kindle or iBook app. Set aside fifteen minutes for the next five days as to discover JOY.

# JOY UNSPEAKABLE AWAITS!

# 1

## HEAVENLY JOY

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Today's Reading: Luke 15

Focus verse: Luke 15:10

...there is JOY before the angels  
of God over ONE sinner who repents.

## **GUILT WANTS TO STEALS OUR JOY. DON'T LET IT.**

Social media makes connecting with people near and far so easy. We can scroll through the highlights of our loved ones lives as they celebrate: birthdays, weddings, promotions and graduations. When our friends celebrate, we celebrate too.

Sometimes I go beyond hitting the like button and I really join the celebration--I wish a grandmother I've never even met a happy birthday, I congratulate strangers on their nuptials and coo over the new baby. Distance doesn't keep me from joining the celebration.

When I read the three parables found in Luke 15 I see a similar pattern of celebration. Luke 15:5-6 the shepherd leaves ninety-nine perfectly good sheep to find one that wandered off. When he finds it he invites his friends to celebrate with him. Luke 15:9 a woman loses a coin, she turns her house upside down, finds it and then invites her friends to celebrate with her. And, in Luke 15:32 the father of a lost son plans the biggest party possible to celebrate the return of his lost son. Chances are he started planning before his son made his way back to the neighborhood.

In telling these stories Jesus is painting a clear picture for his audience. The one that is lost is important to Him. He noted, twice, that in the heavenly realm, there is also a celebration when one of the lost is found. Jesus is intentionally repeating the same idea—He doesn't settle for the ninety-nine when there's still one out there, He searches for the lost and, He patiently awaits the one that ran away to be ready to come back.

Regardless of the details, when the lost are found they are celebrated. Jesus doesn't focus on the mistake that drove them away in the first place. He doesn't tell us how the sheep got lost or how the woman might have been responsible for misplacing her coin. He doesn't even give the son that returns an, "I told you so" speech. He just celebrates.



How many of us would have had that speech waiting? I am so grateful that Jesus never conformed to my human behavior. I know I have been guilty of applying my human logic to a Holy, Supernatural God and I have missed out on His blessings.

## Can we spend a minute right here?

I was once that Prodigal child. I knew I needed Jesus. I knew I had to come back to Him. I knew I couldn't make it out there on my own. I didn't want to spend another minute in the mess I had made but I was embarrassed. I was covered in sin and I didn't know how to come back.

I didn't know what to do with the filth I was trying to hide. How would I explain this about face to the people I had been partying with? I expected them to call me a hypocrite. I had no idea that God doesn't see me the way I see myself.

Every time I sit in church and hear pastors invite newcomers to receive the gift of reconciliation I get excited. People are receiving the gift of Jesus. It would be a new day for each one of them. There are happy tears.

I can easily acknowledge the heavenly celebration as each new name is recorded in the Lamb's Book of Life. The angels rejoice. God rejoices. And, I get to join the celebration.

The celebration at that moment, the joy described in Luke 15:10, is not exclusive for the first-time believer. It isn't reserved for good people. It isn't reserved for "other" people. Those are lies. The Greek word used to describe joy gives us a deeper understanding of the picture Jesus was painting. The joy he was referring to was, the awareness of God's grace, favor; **joy is grace recognized**. And that grace that triggers joy is for every single one of us.

When any one of us becomes aware of God's grace and we receive it there is a heavenly celebration. It's that simple. When we acknowledge our need of Him and return to Him there is joy. The original Hebrew word used in this verse is *חָרָא*, which means gladness and joy received from God. Our repentance ignites a heavenly celebration.



There is another word we should take a closer look at in this verse. The Greek word for repent is *metanoēō* which means, to change one's mind for better. **Repentance requires changing your mind.** Repentance leads to restoration and that's good news on earth and in heaven.

What does it take for the angels to start a new celebration? Me. You. US! Our repentance. Every. Single. Time. If God had a social media account, our repentance and awareness of His grace would be featured and highlighted.

## REFLECTION

Unresolved sin steals my joy. It is painful and isolating. So today, I ask, how do YOU CHOOSE to live? We have two choices: shame or grace.

There's a party waiting and you are the guest of honor. Your freedom from the burden of sin is at the center of a new worship session.

If this is an area you struggle with, if guilt has tried to steal your joy, if fear of being called a hypocrite has kept you on the outside of joy then I would encourage you to write these key words down, write their definitions down, then write a prayer for yourself. Ask God to help you **receive the grace He freely offers.** The angels and the Father await the return of each lost one.

Join the celebration because as C.S. Lewis declared...

"JOY IS THE

SERIOUS

BUSINESS

OF HEAVEN"



# 2

## JOY IS MY STRENGTH

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Today's Reading: Nehemiah 8:1-12

Focus verse: Nehemiah 8:10

Then he said to them, "Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the JOY of the Lord is your STRENGTH."

# JOY IS MY STRENGTH

"What doesn't kill you makes you stronger". "Be strong". "Chin up". "Keep it together". "You got this." God won't give you more than you can handle."

How many of these lies have you been told and how many have you believed? These are shallow one-liners.

Imagine walking into a gym just one week after you've had open-heart surgery. Fragile and barely able to stand up straight the trainer sets you up on a bench and puts a 250-pound barbell above your head. He stands back and says, "What doesn't kill you makes you stronger. You can do this. Go!"

There is no way that his words or any amount of will power you can muster will ever give you what you need to lift that barbell.

I'm sorry that those one-liners are the best we can offer each other in the face of illness, the death of a loved one, the loss of a dream or a home. While we may all be guilty today we can put those memories behind us and start over (I love hitting that reset button!). Today, we are going to begin the process of forgetting those lies and understand how the joy of the Lord could possibly give you strength when you are broken hearted.

Let's take a closer look at two key words from our focus verse in the original Hebrew language to give you a clear picture of what Nehemiah was saying to the people.

Joy in this verse refers to *chedvah* /khed·vä'/ (Strong's H2304), which means *joy, gladness and rejoicing*. Even though their tears were a sign of remorse Nehemiah didn't want the people of his city to mourn over their sins, he wanted them to rejoice. This was a time to celebrate. This reminds me of what we talked about on day one. Jesus made it possible for us to be unburdened from guilt. He doesn't want us to sit and sob over our mistakes, He wants us to join the celebration.

Then what do we make of the second half of this verse. In our English understanding it can sound like another empty one-liner but when you go back and look up the original Hebrew word for "strength" you will see a brand new idea.

The Hebrew word for strength is *ma'owz* /mä·ōz' / (Strong's H4581) which refers to *a place of safety, protection, refuge of God, stronghold, human protection, harbor, a fortified place.*

Here's where we have to change our minds: When a storm comes your way and it leaves you injured you don't have to be strong for anyone. No, your strength does not come from within. It is not something you have to muster up.

Nehemiah was not instructing the people to pretend to be okay and pull themselves together for the sake of keeping up appearances. Happiness was not going to fall from heaven in pill form causing everyone to suddenly be joyful.

When Nehemiah said, "*the joy of the Lord is your strength*" he was inviting the people to **find refuge in God**, the One he knew would be their refuge, their safe place, their strong tower. It was an instruction that would require them to take their eyes off of themselves, their mistakes, their failures, and to take joy in the safety or the assurance that only God can provide.

This visual may help you see this point: Do you panic when it rains or do you just get under an umbrella. An umbrella doesn't stop the rain but it shields us from the rain. In the same way, when we find ourselves in a storm we do not have to panic. We just have to get under the covering God provides, under His *ma'owz*. We choose joy knowing that God provides protection.

In this world we will have trouble. We cannot control our circumstances. And, while we may be tempted to continually ask God to change our circumstances He doesn't always change them. Sometimes, He really wants to change us, to show us that in our weakness He is strong and He is faithful when we trust Him.

We can control how we respond to trouble. We can trust God will come through, on time, every single time. What verses do you need to hold close? Study them. As we sear them into our minds our thoughts will change and our joy will be restored.

# 3

## OUR SOURCE OF JOY

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Psalm 4:7 (ESV)

You have put more JOY in my heart than they have when their grain and wine abound.

1 Thessalonians 5:16-17 (ESV)

Rejoice always, pray without ceasing...

Psalm 16:11 (ESV)

You make known to me the path of life; in your presence there is fullness of JOY; at your right hand are pleasures forevermore.

# OUR SOURCE OF JOY

## **WE DECIDE HOW WE WAIT FOR OUR BREAKTHROUGH.**

Have you ever noticed how some of the Psalms can read like a messy diary documenting lots of ups and downs. This collection of prayers and worship songs were written over a few centuries by men like Moses, King David, King Solomon and a few other Hebrew men, some of whom are completely unknown.

The Psalms are heartfelt, passionate and sincere. We know this as we read how these men wrestled with and poured their hearts out in prayer and how they honored the Lord in their worship.

Psalm 4 is a short Psalm; it is an open conversation. King David is under distress. He is asking God to hear his plea. Then he puts together a list of instructions. Rumor has it his people might be getting ready to turn their backs on him. He is trying to develop them spiritually and turn the situation around.

Things could get hairy for him so he spells out this list of do's and don'ts:

- fear the Lord (acknowledge Him as King of Kings),
- do not sin (repent and remain pure before God),
- meditate on God's word (spend time reflecting on His word),
- be still (be at peace)
- offer sacrifices (worship)
- trust the lord (have faith)

He puts together this strategic plan knowing that in exchange they would receive the joy that only God could provide. The confident joy that let's David sleep at night could be there's.

While the people were trying to figure out how to change their circumstances David was suggesting they change. That change of heart King David was alluding to could only happen if they developed some spiritual disciplines.

King David closes by encouraging himself., "You have filled my heart with greater joy than they have when their grain and wine abound". Having a good harvest is cause for celebration but he knows that kind of joy is temporary. Everything could change next season so he isn't betting on material things, he is looking at eternal benefits.

There was a time when my husband and I both wanted to walk away from our marriage. I began to pray long and hard for us. I asked God to change my husband and change my marriage. I was a frazzled woman begging God to change our situation. For months this went on and nothing changed. I was discouraged as I waited. How many times was I going to have to ask? Was I not praying the right prayers? I could not figure out why God wasn't answering me.

I was tempted to give up. That's when God spoke, AGAIN. He made it clear that while I was looking for Him to change my situation He really wanted to change me. He wanted to show me that He had the power to keep me stable even when my life was unstable. I would have to be intentional.

I began to live out David's strategic plan. I learned to pray, to sit quietly before the Lord and to enjoy being in His presence. I talked less and listened more. Over time I began to experience the peace and joy David writes about. While my situation had not changed my perspective changed and I ultimately changed as I spent more time in communion with Jesus and less time worrying about my situation.

This world may try to convince you that you make your own joy. Your friends may try to convince you that you can only be happy when you put yourself first, when you land that job, or own that house in that neighborhood. Those are all lies.

What would our lives look like if our joy was not contingent on our circumstances? We are not responsible for making our joy. Joy does not magically appear when our relationships are ideal or our finances are in order. True joy, the kind of joy that causes King David to sleep like a baby even when he is facing a rebellion, the kind of joy that causes someone like me to overcome depression and anxiety can come only when we know God, when we put our trust in Him, and when we remain in an unbroken relationship with Him.

As we hold these thoughts and truths in our minds, as we walk and talk with Jesus, and as the Holy Spirit operates in us, we produce the fruits of the Spirit, one of which is joy or as I like to refer to it, "cool confidence".

What circumstances are you trying to change? Instead of trying to change your situation you could try David's strategy. You can control how you implement this strategy and allow God to increase your peace in the face of adversity.

*Talk with God:* Spend some time with the Lord in **prayer**. Give God your cares and practice waiting for Him to respond. Sometimes we talk too much and we don't listen. Start with five-minutes of silence and work your way up. Baby steps are great steps as long as they are steps forward.

*Bible Study:* I love studying the bible, learning God's promises, and journaling my encounters in His word. Spend time in your word. Understanding God's word will strengthen you and help clarify your thoughts as you discover the heart of God because that's really what He wants.

*Focus:* You can also take your eyes off of your situation and set them on eternal things. Trust that Jesus is moving on your behalf. It takes practice but that's what this devotional is all about.

These are choices we all have to make, we have to retrain our brains, and allow the Holy Spirit to operate in us.

We cannot control our circumstances. We can only control how we respond by controlling what we allow in our hearts and minds.

When we change our thoughts we change our lives.

## REFLECTION

Have you neglected one of these areas? What do you need to do to change your mind and choose joy today?

# 4

## JOY ENDURES

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Focus Verse: Luke 2:10 (ESV)

“Fear not, for behold, I bring you good news of great JOY that will be for all the people”.

Focus Verse: Hebrews 12:2 (ESV)

”...let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, ...who for the JOY that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

# JOY ENDURES

I recently noticed that the word used at the announcement of Jesus's birth is the same word that would be used to describe how he faced his brutal death--JOY.

If the angel and the shepherds who were present after Jesus was born had social media accounts they might have announced the birth of the baby who would save the world with some selfies and hashtags -- "We have great news you. A bundle of JOY was born in this manger. It was awesome! #wishyouwerehere. Then, they'd spend the night checking to see whose picture had the most likes.

I am an encourager so I know I would have jumped all over that post, congratulating Mary and Joseph. There would be much excitement around this birth announcement...this was no ordinary baby, "...there has been born for you a savior...". I bet that would get a lot of attention.

The savior hadn't done anything yet, the Roman government hadn't been forced out of Israel, poverty hadn't been eliminated but the savior had come and the hope that things would change would be enough to spark a celebration.

Fast forward thirty-three years. Jesus is at the end of His life. He was about to endure a brutal death. This was the original plan. He would die so that we would live.

Before He died, Jesus warned us, "in this world you will have trouble". I wonder if He was thinking about His own trouble. During His lifetime He wasn't exempt from trouble. He felt everything we have ever experienced-- loss, betrayal, frustration, isolation, disappointment, exhaustion, He dealt with all of it but this wouldn't be the worst of it.

When all is said and done, why would an innocent man take on the penalty of the sins of all of humanity for all time? What motivates a man who has the capacity to feel pain in His flesh to endure the unimaginable? Knowing His mother and brothers would witness the whole thing why didn't He use His power as God to get himself out of there after His father denied His request for a pardon ?

Paul writes, **it was for the joy set before him that He endured.** JOY? How could anyone use the word joy to describe anything that happened to Jesus at the end of his life?

The joy before Him was humanity. You and I.

# JOY ENDURES

Jesus's entire life was wrapped in joy. His birth announcement was marked with joy (Luke 2:10). Joy came to the world because we would need a savior. Before He would make that ultimate sacrifice He told the disciples to remain in Him so that His joy would not only be in them but that joy would be made complete (John 15:11). Paul suggests Jesus endured the agony of the cross because of joy (Hebrews 12:2). When He returned, the disciples couldn't believe their eyes but their hearts were filled with joy and wonder (Luke 24:41)

He lived, died, and returned with JOY. Jesus fulfilled His purpose. Motivated by His love for humanity He endured.

The good news of great joy in the flesh, the savior of a broken world endured because he kept His eye on the prize. He knew at the right time His sacrifice would pay off as each one of us is restored to Him.

Jesus was patient. His timing was and is perfect. He is waiting for us to seek Him. He knew BEFORE we were even born that we would need Him to come after us just like the shepherd who went after the one lost sheep. He knew our hearts would be broken and life would squeeze us so He left and sent The Comforter (John 14:26) to be with us and operate within us and its in His working in us that joy is also produced.

His joy rose above the temporary. He was so focused on His purpose; He was so set on finding us and getting us to join the celebration that He endured pain and shame.

He was so focused on eternal joy that he spent time studying, praying, depending on His father so that at the end of His life He could respond to His punishment with all that was in him. I believe that's the secret to living and enduring. It's how King David endured when he was being persecuted. It's how Paul endured when he was being persecuted. It's how Jesus endured when he was being persecuted.

We can do the same. We choose joy when we wait and when we trust. We choose joy when we endure, when we hold on and expect God to fulfill his purpose in our lives and when we keep our minds focused on eternal things.

We cannot control our circumstances. We can only control how we respond. Change your mind. Change your life. Choose JOY!

# 5

## JOY PRODUCES HOPE

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Focus Verse: Romans 15:13

May the God of hope fill you with all JOY and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

# JOY PRODUCES HOPE

## WHATEVER IS IN YOU **WILL** COME OUT OF YOU

On my second date with my husband He took me to an amusement park and convinced me to ride a roller coaster with him.

I didn't know what to expect so I put on a brave face and got on that long line with him. I pretended to be okay because I didn't want him to know my truth—I was a big ole chicken and I didn't want to disappoint him. Sometimes we do that. We wear masks to cover up the insecurity and fears that live beneath the surface.

As we started that first vertical drop from 150-feet in the air my brave face fell off. There was only one way I could endure this so I immediately assumed the position—I closed my eyes, held my breath and waited for it to be over. For almost three minutes I could not breathe as I was tossed around by every hard turn and each new drop.

When we got off that roller coaster Jakub was laughing and high-fiving his brother. A few feet away I was trembling and rendered speechless. That would be my first and last roller coaster ride.

How is it possible for two people to have the exact same experience and have very different reactions? Proverbs 4:23 (NCV) *Be careful what you think, because your thoughts run your life.*

My heart was filled with fear and insecurity. In the face of uncertainty, I could only respond with what I knew, fear. My husband, on the other hand was a pro at this, he was confident on roller coasters. He knew we would be okay even if he didn't know exactly what was ahead.

Our lives can sometimes feel like an out of control roller coaster ride. And depending on what you are made of or what is inside of you, you may have a very different experience than the person sitting right next to you.

Know when you are on the roller coaster of life that you don't have to panic. You don't have to hold your breath. You don't have to close your eyes and hope it ends quickly. Jesus, who endured for you, is right next to you. You are not alone. And, if you have His truth dwelling in you then you won't panic instead, you will respond in the confidence that Jesus gives. God has NOT given us a spirit of fear but of power (confidence), love and self-control (2 Timothy 1:7).

# JOY PRODUCES HOPE

You can live a joyful life in all seasons and all circumstances. You have at least thirty-five thousand opportunities every day to retrain your brain. It will take some time but I promise, you can do it and you don't have to pretend to be strong, either.

I am overflowing with joy and peace because I know God never fails. I know that Jesus conquered the grave and there is nothing too difficult for Him. May His truth be your truth today.

What's next? HOPE! This last focused verse is another one of my favorite scriptures. I use it to pray for my family and friends often. May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

This short prayer, written by Paul gives us even more insight. As God, the source of hope, fills us with joy and peace we *abound in hope*. I looked up hope, the Greek word is *elpis* and it means *having an expectation of good, joyful and confident expectation of eternal salvation*. When we *abound* in the Greek word, we learn the word is *perisseuō* which means *to exceed, to have an abundance, to super abound*.

Paul's prayer suggests that **God fills us with joy and peace SO THAT we can overflow with hope**. Friends, JOY PRODUCES HOPE and HOPE CHANGES EVERYTHING.

Hope keeps us moving forward. When you call 911 in a medical emergency your situation doesn't change when you hear the sirens but you breathe a little easier when you know help is coming. The situation doesn't instantly change when the medics are in the room or when you finally get to the hospital but each step closer to help gives you hope. When we are full of hope we can keep moving forward even when we are facing the unexpected.

I am praying you *make* the time to change your mind and your heart. And as you do, I will be praying that The God of our hope fill you with ALL JOY AND PEACE. May the power of the Holy Spirit be operating in you, and may your life overflow with hope always.

We cannot control our circumstances. We can only control how we respond to our circumstances. Change your mind. Change your life.

Afterward  
*now what?*  
CHOOSE JOY

