

FOOD FOR THOUGHT (Week #21)

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (St. John 15:11)

Joy is listed in the Bible as a “fruit of the Spirit.” It is defined as a very glad feeling; happiness; great pleasure; delight.

Many years ago in the Church, it seemed as though a pious face represented spirituality. It was as though you had to look sanctimonious to be considered a Christian. It actually caused many to feel as though salvation was something that they did not want if it made you look so miserable.

The scripture states emphatically by Christ himself that not only does he want to fill us with joy but that he wants that joy to remain.

The joy that the world gives is a joy that is predicated on circumstances, however, the joy that Jesus gives us is a joy that is NOT based on circumstances but based on the truths of God’s word.

Contrary to popular belief God does not require that we walk around looking sad but quite the contrary. He wants us to be reflections of his joy. We have joy because we know Christ loves us. We have joy because he meets our every need. We have joy because we have the hope of Eternal life and the list goes on and on and on.

Trade your pieces for God’s peace and let the joy of the Lord be your strength!

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