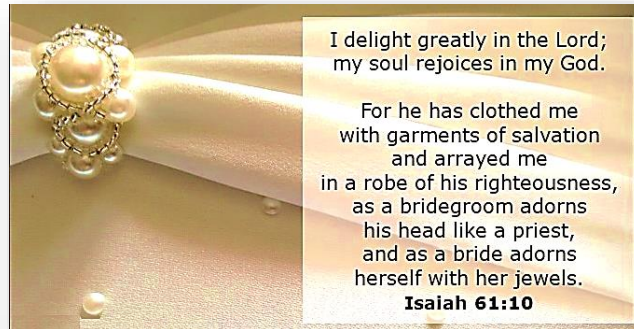


time with God. Because of Christ's great sacrifice the veil of the temple was rent. Now you and I have free access to God. He calls to us to come and enter into his presence through praise and prayer and there we will find strength and gladness. How much time do you spend in God's presence? If you are lacking joy in your life maybe you need to go there more often or stay longer. Oh, what joy we find when we commune with God. Choose today to spend time with him.



March Bulletin Insert - 2020

A Glad and Rejoicing Heart

When I am
filled with cares,
Your comfort
brings me joy.

-Psalm 94:19



5. **Find Joy in the Beauty of Nature** = *Psalms 8:1-6 O Lord our Lord, how excellent is thy name in all the earth! who hast set thy glory above the heavens... When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained; What is man, that thou art mindful of him? and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast crowned him with glory and honor. Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet;* Look around you at what God has created for us to enjoy, even giving us dominion over it. Look at the sky, the sun and moon and stars, the snow in winter, green pastures in the summer, the colors of fall, the flowers and animals. Lift up your head and rejoice in God's creation.
6. **Find Joy in Service to God** = *Psalms 100:2 Serve the Lord with gladness; come before his presence with singing.* We should never complain about serving the Lord. What better place to put our time and energy. We should be praising God for the opportunity to serve and step out in joy, leading the way.

Want to know how to be filled with Joy? We find the answer in this little verse in: *Acts 13:52 And the disciples were filled with joy, and with the Holy Ghost.* If we draw near to the Lord and allow his Spirit to dwell within us, we will experience Joy. The Spirit of God is our comforter and even in the most trying of circumstances, he can fill us with overflowing Joy.

**Our Joy is Not Connected to Our Circumstances,
it is Connected to God.**

I had a profound experience that taught me that Joy was not connected to our circumstances when I was in my 20's. My father-in-law passed away. He was only 55 and I had been his main care giver. I loved him and had become very attached to him, having cared for him during his illness. At the grave I was unexpectedly overcome with great sorrow at his passing, so much so that I thought my knees might give out and I would faint and fall to the ground.

The night before at the visitation a man who held the office of priest had come up to me and made a point of saying “Pat, tomorrow at the grave, remember Jim lives and is in heaven with Jesus, he is not in the grave.” I wondered at his remarks, as at that time, I was doing ok; but then this unexpected raw grief hit me at the grave site. I was standing surrounded by people I did not know, as Hal was with his mother, and my family was at the back of the tent. Silently I cried out to God to help me endure this grief and not faint. Suddenly, I had an instant replay of the night before. In my mind’s eye I saw and heard again this man saying, “Pat tomorrow at the grave, remember Jim lives and is in heaven with Jesus, he is not in the grave”. **With this replay came a Spirit of Intense Joy. One minute I was in deep grief and the next minute experiencing Great Joy.** What a change! My joy was so great I wanted to shout “Praise God, Jim Lives” but I knew the people around me would not understand my joy. It was an amazing experience, very real and very intense, all grief was wiped away and my heart was glad, and I rejoiced in the goodness of God.

God has promised to comfort us and bring us joy even in our darkest hour. God keeps his promises. My grandmother felt my grandfather’s arms come around her as she grieved for him. My mother had a visitation from my father after he passed away bringing her comfort and joy. God is so good, and his Abiding Spirit can bring us intense joy in any circumstance.

Digging Deeper to Have A Glad and Rejoicing Heart

As we go through life many things bring us joy: falling in love, our wedding day, the birth of a baby, friendship, a great new job, a new home etc. etc. Remember the joy that rose up in your heart as you experienced such events. But there is a joy that goes beyond anything on earth. How much more joyful is the good news that God loves you. You have a supreme being with great power, who loves you, and tenderly cares for your needs. He loves you so much that he gave his

6 Scriptures to Assist Us in Choosing to Have Glad & Joyful Hearts:

1. **God is your defender** = *Psalms 5:11-12* *But let all those that put their trust in thee rejoice; let them ever shout for joy, because thou defendest them; let them also that love thy name be joyful in thee. For thou, Lord, wilt bless the righteous; with favor wilt thou compass him as with a shield.* God is our good shepherd and we can rejoice in his love and protection.
2. **Be Joyful in Your Battles** = *2 Chronicles 20:21-22* *And when he had consulted with the people he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the Lord; for his mercy endureth forever. And when they began to sing and to praise, the Lord set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten.* Israel won the battle against their enemies because they praised God as they went into battle. If you’re in a battle be joyful and praise God, he will make you victorious.
3. **Praise and Prayer are a Powerful Force Bringing Peace and Joy to Our Hearts** = *Psalms 150:1-2, 6* *Praise ye the Lord. Praise God in his sanctuary; praise him in the firmament of his power. Praise him for his mighty acts; praise him according to his excellent greatness... Let everything that hath breath praise the Lord. Praise ye the Lord.* In this closing chapter of Psalms, we are reminded of God’s power and greatness and we are instructed to praise him even to our last breath. God is powerful and there is nothing that he cannot do. The firmament shows forth God’s creative power. This is the power we can tap into when we praise and pray. What joy this should bring to our hearts. No matter your situation, when God is on your side you have nothing to fear, not even death.
4. **Find Gladness and Joy in God’s Presence** = *1 Chronicles 16:27* *Glory and honor are in his presence; strength and gladness are in his place.* In the Old Testament days, only the high priests could enter the Holy of Holies to spend intimate

A Heart Full of Love Brings Joy to You and to God: John 15:9-11 *As the Father hath loved me, so have I loved you; continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. This says it all. Want Joy= Love God, Love others.*

♡ Action Section ♡

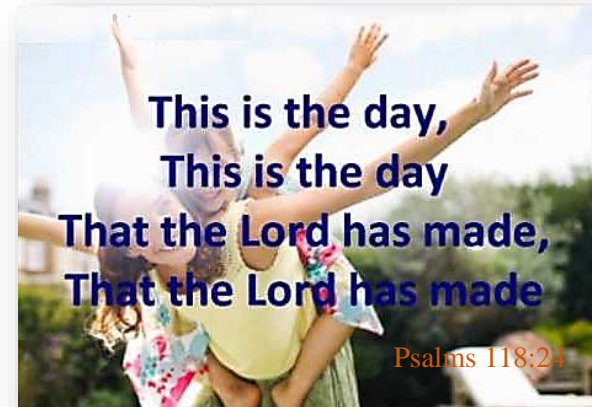


Hang onto your joy because Satan wants to steal it from you. John 10:10-11 *The thief cometh not, but for to steal, and to kill, and to destroy; I am come that they might have life, and that they might have it more abundantly. I am the good shepherd; the good shepherd giveth his life for his sheep.* Satan desires to steal from you. He will steal your peace of mind and your joy if you let him.

Actions for the Month = Be Joyful, Pray Joyfully with Thanksgiving and Praise, Think Positive, Think on the Beautiful

In the days ahead be aware of attitudes and thoughts that steal your joy. Focus on joyful thoughts and concepts and cast away thoughts that steal your joy. **Choose to focus your mind on the goodness of God, follow Philippians 4 = To rejoice in the Lord always, pray with thanksgiving and think on the beautiful. You can choose to do this! Joy is a choice!! If you are having trouble finding Joy in your life read the book of Psalms this month. In the Psalms you will discover that you have many reasons to rejoice.**

Only Begotten Son so you would have eternal life. In him you can and will experience a fullness of joy, beyond any earthly joy. It is a joy not tied to earthly things, as great as they are none of them last forever. We won't last forever. All our hope and joy is in Christ Jesus.



F. Henry in his book “The Devine Purpose in Us” says this about Joy: Quite frequently we use the terms “pleasure” and “joy” interchangeably. When we are writing or speaking carefully, however, we distinguish between the words. Pleasure has a primary reference to gratification of the senses or mind or to agreeable sensations or emotions. Pleasure always has a sensuous flavor. Joy, on the other hand, points toward an exultation of spirit. Neither pleasure nor joy should be goals of endeavor. They are by products, not purpose. If we seek them for their own sake, they elude us. Joy functions on a higher level than does pleasure.

The Book of Mormon tells us that *“men are, that might have joy (2 Nephi 1:115).”* Joy differs from happiness in terms of its depth of emotional fulfillment and its basic spiritual nature. Paul spoke of himself as sorrowful yet always rejoicing. Joy is rooted deep in the emotional and spiritual life and can endure any temporary mood.

Whenever we consider the possibility of a radiantly joyful life, a truly happy life, we naturally think of Jesus. Jesus loved good health and spent a good deal of time healing people's bodies. He was happy. He enjoyed friendship and social life—we know he was the guest of honor at the wedding of his friends. Yet while he did not despise these passing

joys, he was always willing to sacrifice them for the greater joys arising from the satisfaction of overcoming moral enemies, an increase in his usefulness to others...and most of all for the approval of Divinity.

The most significant fact about the joy of the Master is that its sources were not at the mercy of men or circumstances. Poor, homeless, about to be crucified, Jesus could still say to his disciples, *“These things have I spoken unto you.....that your joy might be full (John 15:11).”* Joy such as this gives us a hint of the final purpose of life. It is a joy arising out of the trust of his Father, out of his boundless hope for the future, out of a sense of divine approval, and out of the happiness of watching men quicken into new life as they came to know God. The purpose of life includes the achievement of these forces of abiding joy. *Hebrews 12:2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

Instructions and Helps for Having a Joyful Heart

But what about the difficulties of daily life, how do we keep an attitude of joy? The car breaks down, the children are ill with bad colds and the dog just vomited all over the carpet, then your husband calls to tell you he just lost his job. Too often this is the reality of life. The list of things that can wreak havoc in our lives is endless. How do we have a joyful heart in the midst of anxiety, stress and the daily struggles of life? Here are a few of God's instructions concerning joy and our hearts. If you're having trouble being joyful, search the scriptures for more instructions.

An Anxious Heart = Can Become a Joyful Heart: *Philippians 4:4-8 Rejoice in the Lord always; and again I say, Rejoice...Be afflicted for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just; whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* (The word afflicted means anxious.)

We say, “Be anxious for nothing?” Is that possible? Yes, all of us choose our response to life's difficulties. Instead of fretting the next time trouble comes turn it over to God. Rejoice in his wisdom, power and knowledge. Who better, could you have working on your problems? It says, “With thanksgiving; let your request be made to known unto him.” Start your prayer with Thanksgiving and Praise. Praise him for who he is. Praise and thank him for his wonderful attributes. He is powerful, all knowing, yet tender, kind and loving. Thank him for what he will yet do in your life and for those you pray for. Then, as instructed, turn your thoughts to all the blessings and good things in life. Think on the beautiful. It will fill your heart with joy! **You can choose how you respond to the trials of life. Develop an attitude of Gratitude! Joy is a choice!!**

A Repentant Heart = Will Become a Joyful Heart: *Psalms 30:5 For his anger kindleth against the wicked; they repent, and in a moment it is turned away, and they are in his favor, and he giveth them life; therefore, weeping may endure for a night, but joy cometh in the morning.* A repentant heart is also a joyful heart. When we repent, we should feel truly sorrowful for our sins. There is a time to weep and repent but when we repent God turns His anger away and Joy comes into our hearts. **The sorrow is gone, and we can go forward with joy into the morning/new beginning. Repent then don't look back; go forth with a Joyful Heart.**

A Betrayed Heart = Can Become a Joyful Heart: *Psalms 27:6, 10, 14 And now shall mine head be lifted up above mine enemies round about me; therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the Lord...When my father and my mother forsake me, then the Lord will take me up...Wait on the Lord, be of good courage, and he shall strengthen thy heart.* When we have been betrayed and our enemies come against us, the key to a joyful heart is to offer up the sacrifice of joy. In other words, praise and thank God even for the trial you are going through. Praise takes your eyes off yourself, your trial, and your enemies and puts them back on God. Praise the Lord, he is your defense and high tower. **He has promised to turn all things to your good. You can rejoice in every trial because God keeps his promises.**