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# Daily Devotional, Friday, January 19, 2018 - The Empowering Emotion of Joy

JANUARY 19TH 2018 BY DEE LOFLIN

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Is your life exciting? Or do you, like so many people, find most days routine and tedious? Have dreams become disappointments? If so, you might feel tempted to give up hope. But God promises fulfillment that can't be found anywhere else.

Joy is a gift from the Lord. It doesn't depend upon circumstances but rather is found in Jesus' unchanging character and promises. And that's exactly where to find true strength and power to endure.

Years ago I found myself being tested on this very point while working on a sermon about joy. A few days earlier, I had baptized a large number of people, and evidently, the repetitive motion had strained my back. There was no pain until midweek, when I tried to lift something heavy. Suddenly, I was dealing with severe backache. Almost immediately, the Lord brought to mind the message I was planning to present a few days later. Even though I complained and desperately wanted to be freed from the pain, I found I could be joyful in the Lord.

Philippians 4:4 tells us always to rejoice in Him. From this command, we know that even in the midst of hardship, we can purposefully choose to live with joy. This choice is possible for believers who are filled with the Holy Spirit and walking obediently (Gal. 5:22-23).

Consider your response to both good and bad times. Does a consistent joy in Christ give you strength? Or do you find emotional relief only in the midst of positive circumstances? Difficulty is inevitable, but God's truth is able to sustain you. Rely on Him for emotional security.

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