

What's Controlling Your Joy

A Lord's Flock General Assembly Topic

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Joy is feeling glad; it means happiness or pleasure but it does not necessarily mean the absence of sorrow. Joy should be the prevailing character in our lives. It should always be there even though things are going wrong. We can have complete joy if we have Jesus in our lives. His ways and His priority should be topmost in us; hence, Jesus should be our choice.

Our joy should not be taken or stolen away by the following controlling factors.

Factors that Control our Joy

1. Our Focus

- Acceptance instead of resistance to trials is the key to joy. Remember that trials are occasions for joy. Therefore, it must still be there even under difficulties or any adverse conditions. According to James 1:2-4, "Consider it all joy, my brothers, when you encounter various trials, for you know the testing of your faith produces perseverance. And let perseverance be perfect, so that you may be perfect and complete, lacking in nothing."
- Always remember that happiness can come from the outcome of the trial; this thought can make us glad. We can have joy even though we have problems because of the good things that are likely to happen. Also, we must ask for wisdom; so, we know what to do when difficulties arise (James 1:5). We should accept trial, then approach it with wisdom because to have joy amidst the greatest trials requires wisdom. We must focus on the real source of joy and that is Jesus.

2. Our Priority

- The source of our joy becomes our priority. If we do not get what we want, it will deprive us of our enjoyment. Inconveniences, lack of treasures and bad relationships and the like

can ruin our lives. But if Jesus is our priority, our joy is complete and not be affected by any negative factors.

3. Our Position

- We are to stand in the right place. We should fix our eyes on Jesus, the leader and perfecter of our faith (Hebrews 12:2). Jesus bore the cross with joy because in His suffering He knew it would mean salvation for mankind. He endured it for His noble intention; so, we must imitate Him. The presence of Jesus means fullness of joy.

Conclusion:

We can achieve abounding joy in the presence of Jesus. In Him, there is joy amidst all kinds of trials and any difficulties. We should stop looking around or far ahead and worrying about the future. God is everywhere; wherever He is, there is joy, forever! We cannot miss it if we have the right focus, the most fitting priority, and the good decision.

Reflection:

1. Is it your habit to be affected by outside forces?
2. Are you looking for trials as an opportunity for our improvement?
3. Can you control your emotions?

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