

01/27/11

Joy...

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I've been taking a class here @ Hobby called The Four Eight Principle based on the book by Tony Newberry. This class has radically changed my outlook on life & the circumstances I face. One of the biggest changes was realizing being joy-filled is a choice.

Negative thoughts come, yet we do not have to camp out there on the negative. We can choose to look for & find the positive instead. This has changed my view of myself & others. Negative breeds negative. Positive breeds positive. What are you choosing for yourself?

In Philippians chapter 4 verse 8 we are told this, "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things." (NKJV) This is how we lead a joy-filled life. We look for the good in all things.



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When I worry I say I don't trust God enough to handle whatever it is I'm worrying about. Instead I'm focusing on my fear rather than what the present moment holds in store. Worry steals your joy everytime.

As much as it pains me to say it my joy has been slim to nil lately. A million things running through my mind & I allowed them to do that. Worry took up camp for over two weeks until today. I realized that worry & joy can't cohabitate. So, I'm turning over what has kept me in my funk.

hord, today I choose joy. I place CB and my cousin Christy in your hands. You know hord how to care for them & I ask you meet their needs. I pray Lord that you'll fill me to overflowing w/ your joy! In Jesus' name Amen!