



## PSALM 16:9-11 (NKJV)

**(9) Therefore, my heart is glad, and my glory rejoices; My flesh also will rest in hope. (10) For You will not leave my hell, nor will You allow Your Holy One to see corruption. (11) You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.**

### THE SECRET POWER OF JOY – PSALM 16:11

*Terri McFaddin-Solomon - 2018*

***JOY AND HAPPINESS*** may be closely related but they are not the same thing. *Joy* is a spiritual gift from God. *Happiness* is a fleeting human emotion. The Bible uses the word *happy* and *happiness* about 40 times. However, *joy* and *rejoice* is used 300 times or more (depending on the translation). The main difference between happiness and joy is that *happiness* is a temporary emotion triggered by a positive circumstance. *Joy* is not a feeling. *Joy* is a spiritual gift from God that can endure difficult circumstances. *Happiness* will disappear in the face of adversity. *Joy* is more powerful, even more powerful than most people realize. Let me give you five important facts about ***JOY***:

#### **1. JOY IS THE SOURCE OF SPIRITUAL STRENGTH.**

**Sing for joy to the God of our strength; Psalm 81:1**

**Do not grieve, for the joy of the Lord is your strength. Nehemiah 8:10b**

#### **2. JOY IS AN ANTI-DEPRESSANT.**

**And now my head will be lifted up above my enemies around me, and I will offer in His tent sacrifices with shouts of joy; I will sing, yes, I will sing praises to the LORD. Psalm 27:6**

#### **3. JOY IS A DEFENSE AGAINST ENEMIES.**

**But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name be joyful in You. Psalm 5:11 (See Jehoshaphat - 2 Chronicles 20:21)**

#### **4. JOY IS HELP IN TIMES OF NEED AND TROUBLE.**

**I will be glad and rejoice in Your mercy, for You have considered my trouble;  
You have known my soul in adversities. Psalm 31:7**

#### **5. JOY AMPLIFIES GOD'S WORD.**

**I rejoice at Your word as one who finds great treasure. Psalm 119:162**

**HOW TO FIND JOY: Complete the following Scriptures:**

**PSALM 100:1 – Make a joyful noise unto the LORD, all ye lands. Serve the LORD with**

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**PSALM 98:4 – Shout joyfully to the Lord, all the earth; Break forth in**

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**PHILIPPIANS 4:4 – Rejoice in the Lord always. \_\_\_\_\_**

**How can I rejoice when bad things happen? Read Acts 16:24-28**

**But at midnight (in prison) Paul and Silas were praying and singing hymns to God...**

**Final thought:**

**JOY DOES NOT STAND-ALONE.** JOY is connected to LOVE, PEACE, LONG SUFFERING, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, SELF-CONTROL. When you have one, you have them all.

**Galatians 5:22-23 But the fruit of the Spirit is \_\_\_\_\_**

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**To access joy and the fruit of the Spirit you must first accept Jesus Christ as Lord and Savior.**

**You can do so by saying this simple prayer:**

**“Lord Jesus, come into my heart to be Lord and Savior of my life. Forgive my sins and fill me with your Holy Spirit. Thank you Jesus, for giving me eternal life.”**

**Name: \_\_\_\_\_**