

Bible Study -- Spiritual-Well Being
Reclaiming My Joy
February 08, 2024 – Pastor Charles A. Hall

Joy means: A feeling of great pleasure and happiness.

Happiness means: The state of being happy.

As we strive to grow in spirituality, we cannot help but to reflect back to when we first really accept Jesus Christ as our Lord and Savior. I am not necessarily talking about when we were first water baptized, because some of us were baptized at a young age before we fully understood salvation, and spiritual baptism. I am referring to when we heard, received, and accepted the plan of salvation explained clearly to us. And as a result, we turned our life over to Christ, and accepted His free gift of eternal life. I challenge you to look deep way back into your memory, and to recall how you felt after you received the plan of salvation which included a public profession of faith, acceptance of the finished work on the cross, forgiveness of our sins, and most important allowing the spirit of God to come into your life and change you! Do you recall how you felt at that moment, and the preceding days after this life-changing event in your life occurred? I don't know how you felt but I can clearly recall how I felt. I felt like a new person, I felt light as if I could fly. I felt immediately after accepting Christ, that my burdens and earthly concerns were no longer weighing me down. My burdens and earthly problems had not disappeared, but they no longer weighed me down. I felt like I no longer had to carry that weight all by myself. I felt a strong sigh of relief because I now knew, without any doubt where I was going when I die. I also knew with certainty that nothing I did in my prior life would keep me from getting into heaven. What a great feeling! I have come to realize that what I felt was the Joy of my salvation, enjoying the benefits and rewards that were afforded to me, as a result of Jesus Christ's dying in my place. If we have lost our joy, we must turn to God to rekindle our joy, since all prior joy came from Him. We don't want God to just remind us of our prior state of joy, we want God to rebuild the foundational structure of our joy.

- **Psalm 85:6** Wilt thou not revive us again; that thy people may rejoice in thee?
- **Psalm 51:12** Restore unto me the joy of thy salvation; and uphold me with thy free spirit.
- **Psalm 80:7** Turn us again, O God of hosts, and cause thy face to shine; and we shall be saved.
- **Romans 15:13** Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.
- **Philippians 4:4** Rejoice in the Lord always: and again I say, Rejoice.

As believers we should seek at all times to be filled with the spirit of God. It is the indwelling of God's spirit that manifest or produces joy, and happiness. Joy and happiness without the spirit is an emotional reaction, and can be altered or changed by a counter emotion. But the joy and happiness that flows from the spiritual well of God's supersedes earthly and emotional episodes. The joy and happiness that believers experience is different than the joy and happiness that the world experiences. Our joy and happiness are rooted in the indwelling spirit of God Almighty that is embedded in the believer.

- **John 14:16-17** And I will pray the Father, and he shall give you another Comforter, that he may abide with you forever; (17) Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.