

Nehemiah 8:10 says: "The joy of the Lord is my strength."

This scripture contains a lot more depth and implications than meets the eye. We have two very powerful keywords here, "Joy & Strength". Let's define them.

Joy: The emotion evoked by well-being, a feeling of great peace and happiness. In essence, joy produces a deep-rooted inspired expression of happiness and peace. That's why joy, rather than pleasure, is a lasting inner state as it is not subject to circumstances, but rather is deeply rooted within us, and has its source in living according to our deep seated spiritual values.

Strength: The capacity to withstand great force or pressure. In other words, it gives us the ability to act and the power to change things. Spiritually, it encompasses strength of mind through moral and spiritual knowledge of the Word of God, so we use the power of faith that generates inner strength, rather than depending on outward circumstances.

Therefore:

Paul, in Romans 15:13 said: "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."

Do I trust God with all my heart and follow Christ, so that the joy of the Lord has become my strength in the power of the Holy Spirit?

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***“The LORD is my strength and song,
and He has become my salvation;
He is my God, and I will praise Him;
My father’s God, and I will exalt Him.”***

Exodus 15:2

Where do we draw joy and strength, to encourage, comfort and sustain us in this challenging world?

Psalm 73:26: “My flesh and my heart fail; *but God is* the strength of my heart and my portion forever.”

Psalm 121:2: “My help *comes* from the LORD, who made heaven and earth.”

Habakkuk 3:19: “The LORD God is my strength; He will make my feet like deer’s *feet*, and He will make me walk on my high hills.”

The reason why:

1Corinthians 1:18: “The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.”

And as well Jesus said:

Matthew 19:26: “With God all things are possible.”

Therefore:

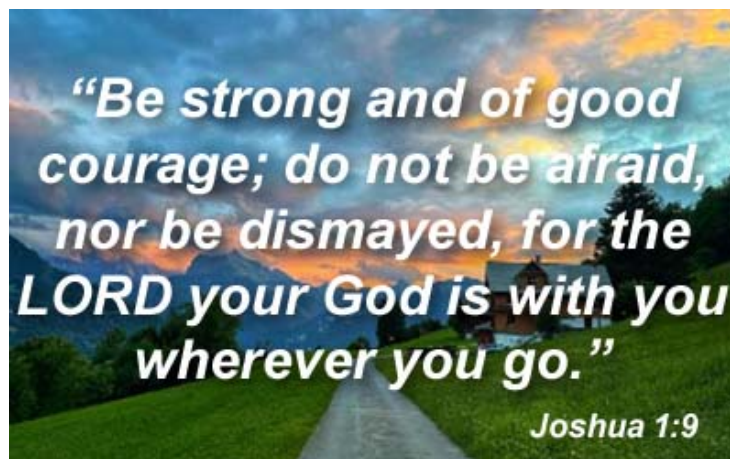
2Corinthians 12:9: “He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness.’ Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.”

What’s more?

2Corinthians 2:14: “Now thanks *be* to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place.”

Do I draw joy and strength in God our Creator, through following Christ as Lord of my life?

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How must we live to inhabit the joy of the Lord and to trust in His mighty power?

Ephesians 6:11-12: "Put on the full armor of God, so that you can take your stand against the devil's schemes. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly places."

1Thessalonians 5:16-18: "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."

What's more?

James 1:2-4: "Count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing."

Therefore:

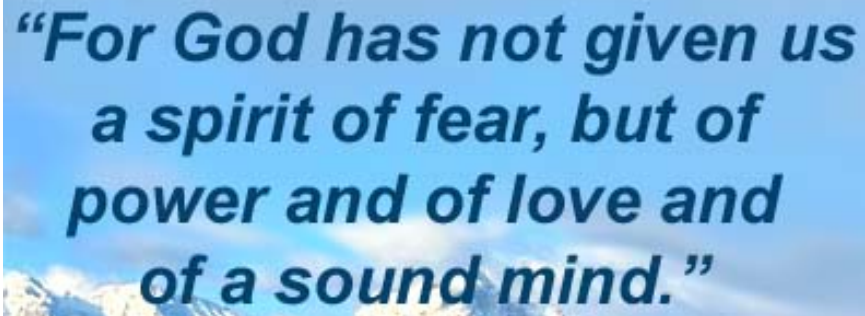
Deuteronomy 31:6: "Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He *is* the One who goes with you. He will not leave you nor forsake you."

Isaiah 12:2: "Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD himself, is my strength and my defense; He has become my salvation."

1Thessalonians 5:11: "Comfort each other and edify one another."

How strong is my faith and dedication to Christ, enabling me to find joy and strength in the Lord?

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**“For God has not given us
a spirit of fear, but of
power and of love and
of a sound mind.”**

2 Timothy 1:7

Why will the joy and strength in the Lord impact our lives, as we surrender to and trust God in all circumstances?

Psalm 46:1-2: “God *is* our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea.”

John 15:10-11: “If you keep My commandments, you will abide in My love, just as I have kept My Father’s commandments and abide in His love. These things I have spoken to you, that My joy may remain in you, and *that* your joy may be full.”

Psalm 121:2: “My help *comes* from the LORD, who made heaven and earth.”

1John 4:4: “You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.”

What’s more?

Isaiah 40:31: “Those who wait on the Lord shall renew *their* strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Philippians 4:13: “I can do all things through Christ who strengthens me.”

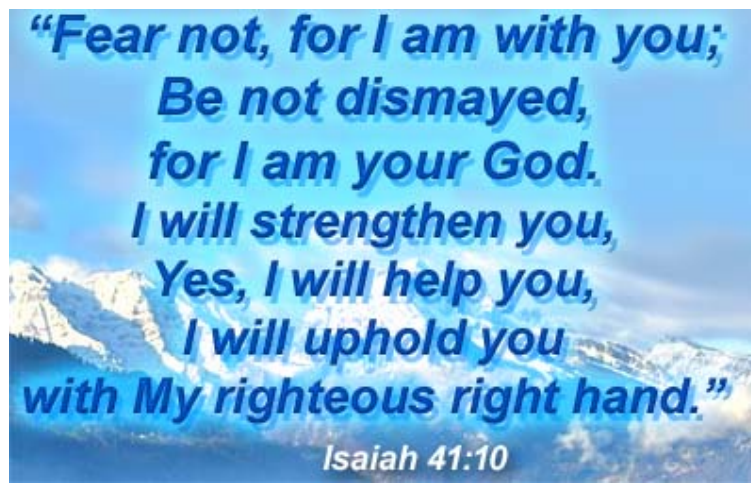
Therefore:

Psalm 27:1: “The LORD *is* my light and my salvation; whom shall I fear?

The LORD *is* the strength of my life; of whom shall I be afraid?”

How strong is my faith to trust in God, and my commitment to follow Christ as Lord?

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What are God’s promises to those who trust in Him?

Deuteronomy 31:8: “The LORD, He *is* the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”

Isaiah 26:3: “You will keep *him* in perfect peace, *whose* mind *is* stayed on *You*, because he trusts in *You*.”

Isaiah 40:29: “He gives strength to the weary and increases the power of the weak.”

Nahum 1:7: “The LORD *is* good, a stronghold in the day of trouble; and He knows those who trust in Him.”

2Thessalonians 3:3: “The Lord is faithful, who will establish you and guard *you* from the evil one.”

The purpose being:

Jeremiah 29:11: “For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.”

And in Jesus’ own words:

John 14:27: “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

Considering the world we live in, where fear, hatred, sexual immorality, hypocrisy, pride and the lust of the flesh reigns, a world that is about to face the wrath of God, shouldn’t we turn to and trust God our Creator, follow Christ and stand on His promises no matter the circumstances of life?

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What should our heart attitude be so we trust God, and live with joy in the strength of the Lord?

Romans 15:5-6: “May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ.”

Ephesians 4:32: “Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

Ephesians 6:10-11: “Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”

Why?

John 16:33: “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

The purpose being:

Ephesians 3:16: “That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man.”

Therefore:

1Thessalonians 5:16-18: “Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.”

Philippians 4:4: “Rejoice in the Lord always.”

Is my heart focused on God in following Christ from the heart, so that His Spirit brings joy and strength in my life?

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I came across this "My never again list" by the late Don Gossett, who prior to his death served the Lord in active ministry for sixty-six years. He explained how his faith was strengthened through these scriptures:

Never again will I confess "I can't" for "I can do all things through Christ who strengthens me." (Philippians 4:13)

Never again will I confess lack, for "My God will supply all your needs according to His riches in glory by Christ Jesus." (Philippians 4:19)

Never again will I confess fear, for "God has not given me the spirit of fear, but of power, and of love, and of a sound mind." (2 Timothy 1:7)

Never again will I confess doubt and lack of faith, for "God has given to every man the measure of faith." (Romans 12:3)

Never again will I confess weakness, for "The Lord is the strength of my life." Psalm 27:1

Never again will I confess supremacy of Satan over my life, for "Greater is He that is within me than he that is in the world." (1 John 4:4)

Never again will I confess defeat, for "God always causes me to triumph in Christ Jesus." (2 Corinthians 2:14)

Will we trust God, follow Christ and stand by His Word, so we can face the challenges of this life and be strengthened in our faith?

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