



## Secrets of the Happy Soul

Psalm 71:23 (ESV)

*“My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed.”*

### Reflection Questions:

- 1) What “joy killers” are squashing your joy in this season?
- 2) What does Godly confidence look like in your life?
- 3) How can you seek joy in your current circumstances?



### Extended Devotion:

Have you ever seen someone who just exudes joy? I have. You know, that person who just beams the joy of the Lord. Joy has various definitions today. Joyfulness is so much more than mere moments of exhilaration that come and go. A joyful spirit is the outward pouring of an inward dwelling. There are times when this seems difficult.

I don't know about you, but in the natural, I'm not a joyful person. Seasons of life can squash my spirit and suck any jot of joy that happens to be there. I can also tend to dwell on things I think can bring me joy. Rather than rely on the joy the Lord brings, I can find myself seeking joy in the things I can see, things I can touch. It's not that I want to do that. As humans it's a natural tendency. If we desire joyfulness, it's also a tendency we must replace with one that draws us to His joy. Worshiping the Lord does wonders for our souls. In doing so, His joy becomes ours.

God has given us blessings in abundance. Expressing thankfulness for these blessings can bring us joy. When I read Psalm 71:3, I noticed the first part of the verse mentions our lips praising and then our soul. The Psalms are filled with heart-felt praises to the Lord. David spent time praising the Lord with his lips. We will only experience the joy of the Lord when we realize that He is the one who gives it. We can't experience true joy apart from Him.

Paul encourages us in Romans 15:13a (NIV) that “the God of hope will fill you with joy as you trust in Him.” What can you praise the Lord for today?

### Takeaway:

We can cultivate true joy when we worship the Lord and keep Him as our focus.

