



## Emotional Health - Joy Keeper, Part 2

Psalm 28:7 (ESV)

*“The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.”*

### Reflection Questions:

- 1) How does trusting in the Lord help you live joyfully?
- 2) Are there any areas where you struggle trusting God?
- 3) Who do you believe you are in Christ?



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### Extended Devotion:

As a child, I loved spending time in nature, and I still love taking time for that. One thing I've noticed as I get older is that even the smallest creation reflects God's character. From the tiny pebble on the beach to the ever-shifting clouds, God's presence is made known through nature. It's such a beautiful reminder that He is Sovereign over all, and He is good.

Do you have areas of your life that you find increasingly difficult to trust God's goodness? Perhaps it's finances, health, marriage, or your children. Maybe it's the uncertainty of the current world we are living in. Our doubts and fears can snatch the joy we thought we had, and we're left feeling empty. But God doesn't want us to feel that way. God cares about our worries and feelings. The God who takes time to care for the sparrows cares about us. When we find ourselves losing our trust or our joy, the best thing we can do is return to the truth of God's Word.

Friends, God is good, and He is greater than anything we could ever experience or imagine. **Our joy is not determined by our circumstances, but by the character of God.** We can try finding joy in things, but this will not last. Every day we can choose to draw closer to God and learn more about who He is and how we can know Him more. This is how we know joy.

Psalm 16:11 (ESV) says, "You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore." We will experience joy and a deepness in the presence of God. When the ways of life seem daunting, focusing on God's ways will bring light to the darkness.

### Application:

1. The Sovereignty of God gives us comfort when we experience doubt. God already knows the outcome of every situation. However, He still wants us to trust in Him. What is one area you're struggling to give over to God? Write it down and give it to Him today.

2. Read and meditate on Matthew 10:29-31. God's compassion and love are revealed in these verses. Write down a few ways you see God's love in your life.

### Takeaway:

Joy comes from seeking to know God's character rather than dwelling on our circumstances.

