

Verse of the Month Devotional

April

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.

Romans 15:13

Thoughts on the verse:

What does it mean to "Choose Joy"? In a culture that promotes a little too much self awareness at times, we may find that we forget the power we have to choose better for ourselves. Even King David, in one of his lowest moments, proclaimed that he was going to grab his soul by the scruff of the neck and magnify the Lord. (See 1 Samuel 30:6) There is a time and space to pay attention to our feelings, acknowledge them and work through them. Then there is a choice we have to make. In spite of what we see, in spite of what we feel, in spite of what it looks like the outcome will be, we can choose joy. The joy of the Lord is our strength, and as we choose joy, we walk farther away from negativity, darkness, heaviness and confusion. Choose joy and watch your strength grow, even in the hardest of situations. That's where your light can shine... and where God loves to move.

Prayer:

Lord we thank You that You show us the way to an overcoming life and we thank You that in Your Word we can have victory. Help us to fight from a place of worship and help us to choose joy, Your favorite weapon, each day. Father we know that Your yoke is easy and Your burden is light, so help us to feel Your joy that strengthens us so we can carry the right yoke. Thank You for Your Spirit that guides us into all wisdom and power, and for Your discerning that lights our path each day. Use us for Your Kingdom and Your glory, in Jesus' name.

Action:

Take a moment to think about what things in your daily life tend to steal your joy. Is it a bad attitude at work? A toxic friendship? A hard season? How can you reframe your thinking so that you can choose joy rather than grief or depression? Sometimes just acknowledging the unhealthy things can give us the opportunity to choose better. Recognize those hard things and make your choices to do better. Choose a grateful heart for your job, establish better boundaries in your friendships, glean from your hard season and lean in to what God is saying... there are so many ways to choose joy in every area of your life! Write down your hard things, and then write your reframe plan of attack next to it. Work on that this month.

Notes: