

A PLACE TO FIND JOY

Anxiety and stress are at an all time high. Everyone that I talk to is dealing with stress at some level. Life is moving at a race car pace and we all are having a hard time keeping up. There is crisis and uncertainty all around us and we seem to be on high alert, waiting for the next bomb to drop in our lives.

I know for my own life it's like there is this constant ticking of dread trying to loom over my heart. Like the constant dripping of a faucet that never stops. The root of anxiety is worry, doubt and fear and this is all this world has to offer. But there is a place that we can be set free of that fear and experience life, peace, freedom and love.

Psalm 16:11 says, "In Your presence is fullness of joy; At Your right hand are pleasures forevermore."

Encountering the presence of God is the sole source of "true joy" on this earth. Only in his presence will the joy of the Lord truly become our strength (Nehemiah 8:10).

Imagine what the fullness of joy looks and feels like. What would it be like to have a real encounter with the fullness of joy today?

Psalm 43:4 says, "Then I will go to the altar of God, to God my exceeding joy."

When we come before the Lord in prayer, and we couple it with fasting, our sensitivity to the things of the Spirit is heightened through fasting and we encounter God in a deeper way. So, if there is joy in His presence, we experience that joy in a greater measure! And joy isn't something we are created to live without. It isn't a pursuit secondary to other pursuits. Heavenly joy is a cornerstone on which we live lives that reflect the goodness, grace, love, and reality of our walk with Jesus.

Choose the better portion today of spending time encountering the fullness of joy that can only be found in the presence of our Lord. Allow God to bring a radical change of new birth and repentance that positions Jesus as your supreme treasure. Let His presence free you of depression and doubt. Let His presence bring your heart to peace and experience victory over the stress and sorrow that wants to paralyze you.

Pastor Rhonda