

Family TableTalk

Conversation 11

Joy: A Beautiful Reminder

read

Hebrews 12:1-3

think

Sam Storm wrote, "Someone once said that joy is not necessarily the absence of suffering, it is the presence of God."¹ Joy is a vital and often misunderstood thing. It is frequently synonymous with happiness, but really joy is actually far greater. Happiness is fragile, and as quickly as it appears; it also vanishes. Joy, however, is a beautiful reminder from the Lord that our hope and peace are not built upon our circumstances or merely trusting in our own happiness.

There is no disputing that each of us will have moments of sadness, anxiety, fear, doubt, depression, anger, etc., but it is joy that reminds us of the One who holds all things together. The writer of Hebrews reminds us of this often, and this is clearly seen in Hebrews 12:1-3. We are prompted to do a few things here.

1. We must lay aside the things which rob of us our affections for Jesus.
2. We must keep our focus upward on Him.
3. In all circumstance we must remember who God is in relation to who we are.

While things like suffering and sorrow are assured parts of our lives, joy is also assured to the believer. Joy is realization that even through the worst circumstances, Jesus is enough. Rest in this truth and preach Psalm 73:25-26 over yourself daily. Jesus is King, and that truly is joyful.

¹ Sam Storms, *Pleasures Evermore: The Life-Changing Power of Enjoying God* (Colorado Springs: Navpress, 2000), 52.

apply

- Being joyful means trusting in Jesus through all circumstances. What are some ways you can exhibit joy this week?
- In what ways is joy different than just happiness?
- How would your life look differently if you were able to be more joyful?

pray

Father, I do not always understand our circumstances or our situations. I admit that fear, worry, and grief often overtake me, but I trust that in spite of all these things, You are still on Your throne. You have not forgotten me. You surround me in the darkness with your grace and mercy. Orient my heart to see You working all things out for my good and for Your glory, and teach me to be joyful in all things because of you who You are. Amen.

by Dylan Manley

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