
JOY

Practice Guide

PRACTICE 1 - GRATITUDE

The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness. “The Lord is my portion,” says my soul, “therefore I will hope in Him.”

- Lamentations 3:22-24

One of the ways to cultivate joy in our lives is by remembering and celebrating the goodness and faithfulness of God. This week’s daily practice is to spend 5-10 minutes expressing thanks and gratitude to God.

Use the following prompts to help you get started with giving thanks:

- Monday - For who He is, His attributes and character
- Tuesday - For how He has worked in your life this week, this month, and this year
- Wednesday - For the gospel, the life, death, and resurrection of Jesus that makes us right with God through faith
- Thursday - For your church family, and the believers God has put in your life to push you towards Him
- Friday - For the trials and tribulations God has used to sharpen you, and the ways He has been present with you through suffering

PRACTICE 2 - UPROOT

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Your presence, and take not your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit.”

- Psalm 51:10-12

In order to cultivate joy, we must uproot what is causing cynicism in our lives. Spend some time this week with the Lord, asking Him to show you what is leading you to cynicism and keeping you from joy in Him, asking the Holy Spirit for strength to uproot those things from your life.

Here’s some examples of what might be keeping you from joy:

- Unconfessed sin (Psalm 32:1-5)
- Comparison, Jealousy (Matthew 20:20-28)
- Bitterness, Lack of forgiveness (Hebrews 12:14-15)
- Disbelief, Growing cold to the Gospel (Psalm 51)
- Forgetfulness of the goodness of God (Psalm 103:1-6)



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